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in this issue





BRIBIE ISLAND HOTEL GRAND RE-OPENING



BRIBIE ISLAND STATE SCHOOL GET SMASHED



THE LOST TRIBE

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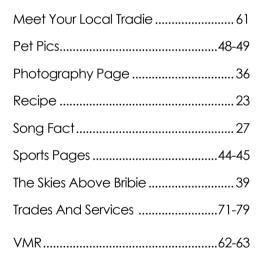
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Scheinpflug

DEC 03, 2021



Dear Readers,

As I am writing this we are still

receiving quite a lot of rain! I

have a feeling we may be in for

a very wet season. This means

we will have to make sure our

gutters and yards are nice and

clean in case we get some

hectic storms. I would hate to

Welcome

Christmas!

Speaking of Christmas, we have some fantastic deals around the district, the Woodies and Gem Club have their open day and Members markets which you will be sure to find a unique and special gift for your loved ones. Bongaree Pets have some great treats for your pets Christmas presents as well! Our local shops have some great giftwares to buy, so support our local businesses!

We also have the Grand Opening of the Bribie Island Hotel, make sure you go and check it out! They have a fabulous concert coming up as well, so get in and grab your tickets now before you miss out! As always our local clubs, restaurants, cafes and takeout's are serving up a plethora of fantastic foods over the holiday period, be sure to take your visitors to them and show them the support they greatly need and deserve.

We also have the Melsa Train
Park Christmas party on the
19th of December which will be
a fantastic treat for all the kids!
Santa will be there as well and
there will be plenty of food and
drinks on offer. Come down

and support this awesome organisation.

Our Community groups are doing us proud, the support they give to the community is amazing. Without these wonderful groups, we would not be able to achieve half of the things we need to, so a big shout out to all of you!

There is so much more, but you can find it all out in this edition!

Until then.

Take care, Stay safe,













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Christmas Gift Packs



Registered Nurse Stacey Cosmetic Injector



CEMBER SPECIAL -

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LUMINESS FACIAL is designed to give you an immediate event-ready complexion, the Luminess Facial uses a skin-refreshing, active blend of Salicylic Acid, Lactic Acid, Vitamin A and Antioxidants.

This micro-peel treatment gently polishes and exfoliates the skin to reveal a smoother, fresher skin tone and texture. Ideal for pre-event rejuvenation and suitable for all skin types, including sensitive skin.

Dermaplaning is a physical exfoliation procedure that removes layers of dead skin cells and vellus hair (peach fuzz) with the use of a surgical scalpel. Dermaplaning triggers the cell regeneration process and allows products to better penetrate the skin. A build up of dead skin cells can make your skin appear dull, flakey and can cause breakouts due to clogged pores and hair follicles on the face.

These two treatments are perfect together for Glowing event ready Skin in the

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ocial media platforms are often full of airbrushed photos that show skin without any blemishes and other imperfections. Therefore, it's easy to feel bad about yourself, because of such unrealistic beauty standards.

However, with a bit of effort and care, it's possible to achieve healthy and glowing skin that you'll be proud of. So, if you're looking to step up your skincare game, or you just want to boost your skin health, here are five amazing tips that will help you make that happen.

1. INVEST IN A NOURISHING ROUTINE

A well-thought-out skincare routine is a true game changer. But, before you start buying different products, be sure to learn about your skin type, so you'll know what to pick. Also, you should do your routine twice a day: AM and PM. In case you've been put off by the idea because you've thought you'd need to do many steps, fear not, because

even a simple skincare routine needs only two integral steps: cleansing and moisturizing. Everything else is completely optional.

2. REMOVE MAKEUP BEFORE BEDTIME

This is a crucial tip because sleeping with your makeup on can lead to various skin issues, such as clogged pores and premature aging. Hence, make sure to always remove your makeup before going to bed. Besides, remember that makeup wipes, although practical, aren't the best way to remove excess makeup as they can cause skin tearing and wrinkles. If you must use makeup removing wipes, then do so sparingly, only in certain situations.

3. BE SMART WHEN SHOPPING FOR PRODUCTS

Getting the right skincare products is important, but before you add to cart, make sure to read the ingredients, so you'll know what you're buying. Also, the place that you're buying from should be

reputable and professional. Rather than buying everything at once, it's better to be patient and do your research, to get the best products that will surely work for you.

4. USE SUNSCREEN RELIGIOUSLY

Sun can be your best friend and your enemy. When it comes to your skin, it's often the latter, which is why it's essential to use a quality sunscreen with SPF high enough to protect your from UV rays. You can either choose chemical or mineral sunscreen, and your choice should depend on your budget and availability of products. Plus, if you love wearing makeup, then be sure to pick a foundation that offers SPF protection. In case that's not doable for you, you can always pick a spray-on SPF and apply it after layering all your makeup products.

5. ACCEPT YOURSELF AND ENJOY LIFE

Preaching self-acceptance to someone with severe skin issues may come across as a bit distasteful, for sure But luckily, there are many skin influencers who are advocating for skin positivity and self-love. Skin positivity is a fairly new movement that revolves around accepting your complexion the way it is, while still trying to find effective treatments for pimples and acne scars. Obsessing over every single flaw won't get you far, which is why it's advisable to treat your skin well, while still embracing imperfections. After all, life is too short to focus on negatives, so rather than feeling resentful, it's much better to love yourself and enjoy life!

Final thoughts

You can have glowing skin, and these tips will help you make that happen. Aside from having a healthy routine, exercising, and eating right, you should also accept yourself while striving to find best solutions for your skin issues. Also, visiting a reputable dermatologist and shopping for suitable products will help you achieve the skin that you deserve to have!







Jessica Yung - BHSc. Acup., BSc. CS Registered Acupuncturist and Doctor of Chinese Medicine under the Australian Health Practitioner Regulation Agency (AHPRA) and Chinese Medicine Board of Australia (CMBA).

ACUPUNCTURE FOR SCIATICA

One of the main nerves in our legs is called the sciatic nerve which traverses from the lower back, through the buttock and down the leg. When the nerve is inflamed, pain, numbness, and/ or weakness is often felt in the buttock and upper thigh - in some cases the pain can travel down to the feet, down the back or side of the leg. Sciatica can literally be a big pain in the butt!

There has been an increase in the number of clients that have come to my clinic in recent weeks due to back pain and sciatica - many of them have been spending more time in their gardens, lifting heavy objects, and sitting in the car for long periods of time. It has been estimated that up to 40% of people experience sciatica at some time during their lives, most commonly in people in their 40's or 50's, and more commonly in men than women.

Sciatic pain may be constant or it may be felt as a sudden pinching sensation. Oftentimes sciatica cannot be blamed on a specific trauma - sometimes simply bending, lifting, or straining may aggravate it. Pain is triggered when pressure is put on the sciatic nerve such as the spinal discs or tight muscles, or more seriously spinal disc herniation, when a portion of the spinal disc bulges out of the spinal column and pushes on the sciatic nerve, or spinal stenosis, a narrowing of the spinal canal.

Fortunately tight muscles or spasms are the most common cause of sciatica, which can be treated more easily. Most often



the culprit is a tight piriformis muscle in the buttocks, but other muscles in the lower back and pelvic region often contribute to sciatic pain.

Acupuncture has been shown to be an effective treatment for sciatica, eliminating or significantly decreasing pain and increasing quality of life. Research has shown acupuncture to be successful in treating back pain and sciatica through the following mechanisms:

- · Stimulating nerves located in muscles and other tissues, leading to the release of endorphins which relieves stress and pain
- Reducing inflammation and muscle stiffness and increasing joint mobility by increasing blood circulation in the affected area
- Promoting regeneration of the sciatic nerve.

Acupuncture is a popular and effective treatment for sciatica which is without the side effects of prescription pain medications like NSAIDs and muscle relaxers. Clinical guidelines for low back pain in the United States are now almost universally recommending acupuncture for low back pain over previously favoured pharmaceutical and surgical options. The American College of Physicians, Medicare/Medicaid and the Joint Commission (which establishes criteria for hospital accreditation) have all recommended acupuncture for low back pain. is available onsite. Pensioner discounts available.

A NEW FACE AT BRIBIE ACUPUNCTURE

Thanks to all the wonderful people of Bribie and surrounds, our small but thriving clinic continues to grow! I'm excited to have Wendy join us as an acupuncturist in December. With our expanding team we are now increasing our availability to our lovely clients - Wendy is looking forward to seeing you on Mondays, Wednesday afternoons, and Saturday

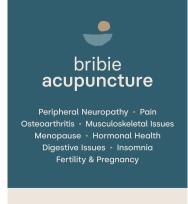
morninas.

Hi, my name is Wendy Ryan and I am very excited to be commencing as an acupuncturist at Bribie Acupuncture and helping more people on their health and recovery journey. In the last 5 years I have worked in the Moreton Bay region as a Doctor of Chinese Medicine and can't think of anything else I would rather be doing. Acupuncture is not just for backs and necks, its application is vast and frequently sought for chronic and complicated issues, women's health, pain and much more. I am very much looking forward to working with Jess and Katherine, and meeting all the wonderful clients.

If you'd like to make a booking or if you'd like to discuss whether acupuncture and Chinese medicine is right for you, please contact me via my website www. bribieacupuncture.com. au or call 0423 160 228. You can also find me on Facebook and Instagram @bribieacupuncture. HICAPS is available onsite. Pensioner discounts available

BRIBIE ACUPUNCTURE 4/29 Benabrow Avenue, Bellara (behind the James Moore law office)





Jessica Yung Registered Acupuncturist, BHSc. Acup. 0423 160 228 • bribieacupuncture.com.au ⊚ ¶ @bribieacupuncture



ome into Calming Colonics and meet your local qualified Colon Hydrotherapist, Kerri.

Calming Colonics is a holistic colon hydrotherapy clinic located in Bellara on beautiful Bribie Island.

What is Colon Hydrotherapy?

Colon hydrotherapy assists in removing toxic matter from the colon. At Calming Colonics we use a system that can switch between both gravity fed and pressurised, to ensure the treatment is tailored to each individual. The colon is slowly filled with water, which helps to soften and loosen faecal matter before being released. Leaving you feeling lighter and more energetic to continue on with your day.

Who gets Colonics?

Any adult can get a colonic! Do you want to be less bloated and have a flatter stomach for the weekend? Do you want to clean out your colon after a big weekend? Do you want to detox? Are you on medications that are affecting your digestive system?

Does it hurt?

No! It does not hurt, however, some people may feel some discomfort throughout the session, this is normal.

What are the results?

You may feel less constipated, less bloated, have a clearer head, be more energized, reduced menstrual pain and the list can go on depending on your personal circumstances.

Or do you suffer from any of the following?

- Abdominal pain
- Allergies
- Bad breath and skin issues
- Bloating



- Digestion issues
- · Depression, anxiety or stress
- Fatigue
- Food cravings or poor diet
- Headaches
- Insomnia
- Irritable bowel syndrome
- Low energy levels
- Lower back pain
- Menstrual problems
- Nausea
- Parasites
- Poor concentration

Where are we located? Bellara, Bribie Island.

How can you contact us? 0409 752 629

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Cash or direct bank transfer.

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Thank you: For the children.



By: Kathy Vincent.

In the last issue you probably read about the Croquet Club giving back to the community. It is hard to accept that there are children on our beautiful island who are suffering hardship. Some children have to live with Domestic Violence. It is hard to imagine how they cope with that . Some children live in a house of substance abuse and who knows what damage that may do to them . There are single parent households who are finding it hard to pay for everything the children need for their education. There are children with disabilities and their parents find it hard to cope and to pay for all the extra equipment and medical costs they incur.

BIKES; Bribie Island Kids Support does an amazing job trying to support these children. They have paid for a child from a disadvantaged family to go on that school outing that the parents couldn't afford. They have provided books for children which they needed for school. They have helped disable children by providing essential equipment. Their aim is that no child will be disadvantaged. That all children will feel equal to their friends. No child will feel they don't matter and nobody cares. This is such a worthy cause.

Bribie Island Croquet Club held their Fundraiser to try to support this cause. After a lot of hard work and a fun day the club raised over \$3,000. It was wonderful to welcome Ken Piva to our club on Wednesday to hear about some of the help they have given to our children and to present him with the cheque.

 $\mbox{\it Jan}$ Rees $\mbox{\it the Vice}$ President organized the event and presented the cheque.





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HEALTH, WEALTH & COMMUNITY

BRIBIE COMMUNITY NURSERY ARE SWIMMING IN CHRISTMAS SPIRIT

Dynamic Dave and the team from Bribie Community Nursery have played Santa yet again. The lucky recipients were the Bribie Swimming Club who received much needed jackets. The hooded jackets are amazing, being towelling lined waterproof, full length and double zippered, excellent apparel for a Swimming Club and Bribie will be very well presented at any meet. The club is very grateful for the help and wish to extend their sincerest thanks to Bribie Community Nursery team.

'The Bribie Island Swimming Club was founded in 1998 and has grown from just a few swimmers to around 60 swimmers attending the club nights each Tuesday. As well as a dedicated committee of volunteers, the club is lucky to have Steve Fern, who has been involved in the club for 15 years and has extensive coaching experience in Australia and overseas and is an exceptional role model for the club's swimmers.

BISC prides itself on providing a warm, welcoming, and family friendly environment in which all swimmers are encouraged to achieve their own personal best, while enjoying the great swimming community and making lifelong friendships. The club is not a learn to swim program but instead develops swimmers race techniques and aims to build on young swimmers' confidence and experience in and around the water.

BISC caters for all levels of abilities and ages, up to 17 years of age, with some of our swimmers being involved just for fun and others who are striving to compete at State level competitions and more. The club actively supports all its swimmers in pursuing their personal goals and aims to ensure that every single swimmer learns to love the water and feel a valued part of such a great swimming community.



The club runs swim meets at the Bribie Island Aquatic and Leisure Centre every 48 Goodwin Drive, Bribie Island every Tuesday evening from 5.30pm during the Summer and welcomes anyone to turn up and have a go.'



Bribie Island **State School had** the opportunity to be involved in the "Smashed" program on the 8th

SMASHED LIVE, THE **GLOBAL EDUCATION** PROGRAM DEDICATED TO REDUCING UNDERAGE ALCOHOL **CONSUMPTION IS** AGAIN HEADING TO SCHOOLS IN QLD TO HELP TEENS AVOID RISKY BEHAVIOURS AND **BETTER UNDERSTAND** THE DANGERS OF DRINKING UNDERAGE

The preventative program tours schools with a live theatre performance and interactive workshops delivered by professional actors, supported by teaching resources, parent's quide and a comprehensive evaluation framework. School's within Brisbane and surrounding areas are first to receive the program with the tour then to visit surrounding schools in QLD, reaching more than

12.000 in the state before the end of the year.

The program is intended to help reduce the prevalence of early alcohol use amongst voung people by engaging participants in a safe and motivational learning environment. It is designed to enable young people to explore the dangers and consequences of underage drinking and to equip them with the facts, skills and confidence to make responsible choices and foster informed attitudes that reduce alcohol-related harm among teens. Smashed Live was launched in Australia in 2018, with the program having so far reached more than 94.000 students, with 514 performances across 437 schools. In July 2021, the program was further extended with the launch of Smashed Online, a free one-hour online session that follows the same three characters in a fun and interactive module. This allows for all students across the nation, particularly

those in regional or remote

www.backinmotion.com.au/bribieisland

areas, to access the skills and knowledge delivered by the program regardless of whether the live performance is visiting an area or not. Post-performance evaluation of students confirms that 95 per cent have been able to accurately identify the key dangers and risks associated with underage drinking after taking part in the Smashed program.

The live course is linked to state health and physical education curricula for the age group, targeted to year 8 and 9 students and is delivered via schools or the online program can be completed by individuals in their own time. The Smashed program is facilitated by Gibber Australia, Gibber CEO Tim Watt says: "The Smashed program has been and continues to be an incredibly effective way of connecting with young people around the risks of underage drinking and alcohol misuse. The live program has resonated really successfully with students and the online



PODIATRY

HEALTH, WEALTH & COMMUNITY

extension of the program enables us to continue this conversation but on a much bigger scale. Smashed is now empowering young people with the necessary skills and knowledge to make healthy life choices around alcohol, throughout Australia." Australian Secondary Principals' Association President Andrew Pierpoint said: "Smashed is an important program which teaches high school students about the dangers of underage drinking and the risks of this destructive behaviour, "I encourage all schools and students to take part in the Smashed program, especially those currently in lockdown, or those who won't have the opportunity to see the live performance at their school, via the online program" Mr Pierpoint said. Smashed is being provided free to Australian schools because of support from international drinks producer Diageo. Smashed is part of its ongoing commitment and preventative measures to

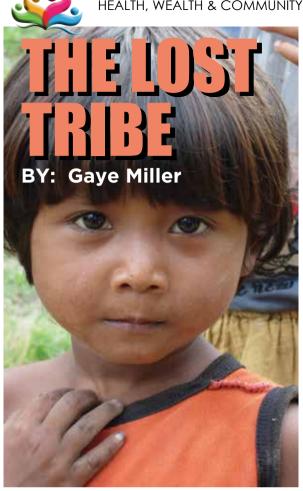
reduce alcohol-related harm including from underage drinking, with a target to reach 750,000 people in Australia through the Smashed program. With the online course available ongoing, the Smashed Live tour will roll out to schools in Queensland this term before visiting NSW and Victoria and potentially additional states next year. For more information on The Smashed Project, visit www.smashedproject.org Quote from the staff: 'The students really engaged and it was presented in such a fun wav that they were laughing and talking about it afterwards.' I overheard that one in staffroom. One of my students wasn't interested because he had seen it before at Caboolture, half way through he was leaning forward in his seat and putting his hand up to answer some of the questions.







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HAD HEARD RUMOURS ABOUT A LOST TRIBE IN CAMBODIA, WHO HAD BEEN HIDING IN THE JUNGLE FOR THIRTY YEARS WITH NO OUTSIDE CONTACT. THIS ETHNIC MINORITY GROUP HAD KEPT ON THE MOVE TRYING TO AVOID KHMER ROUGE SOLDIERS NOT **UNDERSTANDING** THE WAR HAD THAT FINISHED. LONG **THIS GROUP MYSTERIOUS** INTRIGUED ME, SO I SET THE WHEELS IN MOTION TO FIND THESE PEOPLE LIVING IN STONE AGE CONDITIONS.

Save the Children Cambodia lent me a truck, fully equipped with a driver, guide, interpreter and security and wished me luck. The road was surprisingly good as it had only recently been built to give access to the more remote. unexplored temples in northern Cambodia. On arrival at Rom Chek School, I was told that it was the last toilet stop. Cautiously I made my way across the playground towards the toilet block where I could see numerous land mine warning signs. Close by, the Lady

Diana sponsored Halo Trust deminers were clearing the active minefields.

The school was the pick-up point for me to meet my team of guides, who hopped onto the back of sturdy trail bikes armed with razor-sharp axes. I was nervous about the axes and wondered what they could possibly be used for. Did they intend to hold me for ransom or kill me in this isolated spot and take the truck and all the donations?

We bumped along an increasingly narrow and barely-there track with the truck pushing over small trees. The strangling undergrowth curled around us, threatening our escape. The tree canopy cut out most of the daylight making it hard to see through the murky gloom until it became so dark that the driver was forced to turn on his headlights. I refused to think about punctures, how could we possibly force our way through the impenetrable jungle?

The guides decided to try another route and hacked and chopped down the jungle so the truck could scrape through. Then I understood the need for the axes. Finally, the driver could go no further. He got out and took off on an exploratory walk down the track and disappeared out of sight. On his return, he said the track was impassable, so the trail bikes forged ahead exploring another way through to the waterway. When we reached the river, to my shock, the truck driver accelerated and drove straight into the fast-flowing water and steered in the direction of the current. He



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SE CISONS

HEALTH, WEALTH & COMMUNITY

then cautiously drove in the shallows until he found an embankment where he drove up onto the opposite side. I couldn't bear to watch, I just closed my eyes, it all seemed so impossible. Indiana Jones in Cambodia!

We eventually reached an isolated clearing which had been an old battlefield where the group had been attacked by the Khmer Rouge. Groups of families emerged from the shade of the trees near a ramshackle old school. I could see that everyone was suffering from unknown diseases; I saw open weeping wounds, dry encrusted eyes, facial deformities plus the ever-present amputees.

Later I learnt that they had never seen a doctor, that they were interbred, malnourished, and suffered from a variety of medical conditions including Malaria and Dengue Fever. There were also many landmine victims who had missing limbs. They had no contact with the town and had to walk five kms to the nearest safe clean water. They survived on vegetables, fruit, roots, and whatever animals they could catch.

Thinking of this group, I had determinedly saved plenty of food, toys and clothing supplies from the shipping container I'd brought from Australia. My helpers unloaded the truck and distributed medical supplies and students' stationery which were incredulously accepted and poked over. Filthy rags were replaced by new clean clothing.

On my approach, the adults nervously shied away and stared at me as though I was an alien. The children were terrified of me and screamed in fright at the sight of a well-nourished white person with light hair and blue eyes.

The group slowly relaxed and laughed at the sight of western clothes and shoes on their dirt-encrusted bodies. To gain the trust of the children, I offered them teddy bears and soft toys, but they had never seen such strange toys before, and they refused to have any contact with me.

The older children were more inquisitive and touched and stroked me to convince themselves that I was a real live human being. Sensing their growing confidence, I showed them how to look through the viewfinder of my video camera. They were amazed to see their friends moving and talking inside the strange machine. I eventually said goodbye and faced the tortuous return trip.

I stopped for lunch at the ninth century Kor Ker Temple. In silent isolation, I satisfied myself with tilting my face to the sun, listening to the birds and

watching the fluttering butterflies. The tranquillity of that moment will stay within me. It was very beautiful beside the ancient temple, but I was aware of the ugly threat of landmines surrounding me.

This trip provided more questions than answers. Why hadn't the interpreters told the lost tribe that the war was over, and it was safe to leave the jungle? Why didn't they return to their villages and re-join civilisation? Were they scared of retaliation? Who were they really hiding from?

To my knowledge, this tribe remains ensconced in their time warp hidden in the jungle.

I'm happy to talk to anyone if it's Cambodian related, you can contact me on my email

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Am J Sports Med 2007; 35:972 * Int J Surg 2015; 24:113-222 ^ Int J Surgery 2015; 24:207-9



PHYSIOTHERAPY MASSAGE PILATES PODIATRY

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3408 6608



arela laine Lutton

emories are peculiar, or, at least, my memories are. Some incidents are quite clear, but these sharp recollections are interspersed by lengthy stretches of nothingness.

One memory I have, which even I doubt, is of lying on my mother's lap and having my nappy changed. I would dismiss this altogether except for the fact that later I was able to describe the light fitting we had at that time, only present when I was six months old or so. I would have been lying on my back and gazing straight at the fixture.

Afterwards, no memories at all, except for the day I wandered into my parent's bedroom and my mother was no longer there. I later learned she had been taken to a hospital as she had developed Tuberculosis, the scourge of those times. That meant that for several years I only got to see my mother through the glass windows of various Sanatoriums. I do remember my first year at school. Not happy memories. I would steadfastly avoid going into the school toilets, with

the resulting humiliating accident on my

shame of it! Little or no understanding from a series of housekeepers who were probably as miserable in their personal lives as I -was in mine. There was a period of respite when my brother and I were told that we were going to live with relatives of my mother in a Midlandshire village. My brother was sent to live with my grandfather and his second wife whom we called Aunty Vera. I scored Aunty Diane and Uncle Hector and my two younger girl cousins, Jane and Jill. I have written about this period of my life before; I was sent to the village school

way home. Oh, the

where I learnt to read, I was treated with kindness and understanding, I ate Victoria and Greengage plums, as many as I could fit in my stomach, I played in the Summerhouse and took my turn in mounting the Rocking-horse in order to ride away from all my worries.

One incident has stuck in my memory of that time; I got bitten by a dog but instead of getting into trouble, I still thought everything must be my fault, I was taken to the doctor and fussed over. Even my cousins cried in sympathy!

Inevitably, I had to return to my previous school and home, but circumstances had changed. I was a different child.

My mother was back home, released from hospital, my confidence had rocketed along with my academic performance, I passed the 11+ exam even after the huge lunch my mother cooked, my favourite Irish Stew followed by Apple Dumpling and custard. It was a wonder I could walk back to the Grammar school where the exam was being supervised, never mind put Biro to paper and write a coherent essay, but I did! What else do I remember of those primary years? My last two teachers, Mr Ellis and Mr Burgin, both of whom I adored, being

told by the headmaster, in grave tones that King George VI had died, going to a friend of my parent's home to watch the Coronation of Queen Elizabeth, we had yet to obtain a TV of our own, walking on stilts with my first friend Michael Woolley, who lived a few doors up from me, playing in the Wood-yard and accidentally setting it alight! What a fright that gave us! My friend Christina, who was not afraid of holding hands with me whilst skipping.

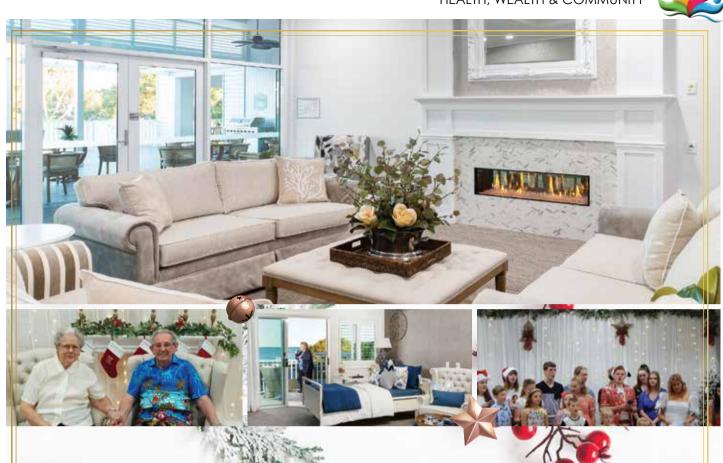
empries

A kaleidoscope of memories is beginning to flood into my mind. The little boy who whispered into my ear when I was being bullied, that he did not think my Leprosy (eczema) was that bad. Kindly meant and never forgotten. Peter, who sat in the front row of my class and then disappeared due to his contracting Polio, also Elaine McVitie, the doctor's daughter who fell foul of the same disease. I was allowed to go to her birthday party when she made a partial recovery, but never understood until later why, instead of just a bag of sweets and cake. I received a small wooden desk! I loved that desk! An excessive reward for attendance but now I understand her parent's motivation. No wonder, as a Rotarian, I am eager to "End Polio Now".

Learning to ride my brother's bike, taking off and not knowing how to apply the brakes so taking the only method I knew to end this Mad Ride of the Valkyries; deliberately driving it, at high speed, into a brick wall. My brother was not best pleased, caring more about his bike than his little sister.

Whilst my mother was still in hospital and my father had more than enough to worry about, he received a visit from the Law in the form of a copper, albeit a sympathetic and apologetic one. My father was informed that his two children were turning into criminal types; they had been seen venturing into Private Property and stealing Dandelion leaves! The policeman, who had already seen the pet rabbit in our garden and surmised we had only done this heinous crime in order to provide extra nourishment for our Bunny, apologised to my father and said if it was up to him, he would not be disturbing the household, but that he "was only following orders". A warning was issued, duty done, a policeman's lot etc.

During the writing of this piece, evermore remembrances of my early childhood have come flooding back to me, but since I am only allotted one page, I must cease my ramblings. Perhaps it has awoken memories of your own early childhood?



Be somewhere beautiful for

Christmas

If you have a loved one in care they can be somewhere beautiful in time for Christmas. Right now, they can transfer to Beachmere or Deception Bay for not a penny more than they pay now.

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HEALTH, WEALTH & COMMUNITY



John Cannon - MBA Principal JC Estate Mentors info@jcestatementors.com.au www.jcestatementors.com.au

STORING TRUE WEALTH

Now that summer is almost here, I'm certain we'll see more and more hardy types on our beaches searching the sand for that elusive windfall. Be that jewellery, coins or precious metals these fortune seekers are insanely oblivious to the sun, surf and surroundings as their eyes are totally focused on the screen before them, with ears straining in earphones waiting for the slightest ping. As we so quickly point out in Oz- Finders keepers -Losers weepers.

For as little as \$100 and as much as \$1,000 you too can enter the world of the detectorist as they are called, and search far and wide for other people`s loss- or better still- yet to be found unclaimed precious stones.

You would not be surprised to learn that the story of Kevin Hillier keeps the dream alive in many of these folk's minds, because Kevin was a man credited with discovering what is still regarded as the largest gold nugget ever found in the world, and that by using a handheld metal detector! What he found in 1980 - and dubbed The Hand of Faith was a colossal 27kgs block of gold estimated in today's value at over \$2million. More

amazing was the fact this find was barely 30cms beneath the surface of the ground and was discovered barely 200klms from Melbourne City.

Now few of us could be so fortuitous in the prospecting stakes as Kevin, but we all have many and varied valuables in our keeping that are not easily identified as precious stones and jewellery. Given this thought, I would like to add to the quote for which the late Jim Rohn is credited, Money isn't everything but it ranks up there with Oxygen, by saving Information is the new currency of this Generation-for young and old alike and ranks equally up there with oxygen! Without ready and easy access to important information, businesses would flounder, governments would cease and financial markets around the world would be in turmoil.

Information is true wealth to those who have unfettered access to it. Wealth is Information- Information is Wealth.

So, let`s summarize these points. Who would take

valuable stones or rings to the beach and have no thought of returning home with them intact? Or perhaps unknowingly drop them somewhere- so that others like Kevin may strike it lucky? We generally take much care with storage and safety of our valuables already mentioned, and would never think to leave them in full sight unattended at home, to tempt an aspiring burglar.

If that is so, shouldn't we take equal care and security with our critically important, and necessary information? To describe exactly what is defined as critically important information, would take longer than we have room for in this article. However, if the idea of a personal family encrypted vault, where all your important information, your true family wealth can be stored, if this has some appeal - then give us a call or contact us, so we can show you how your true wealth can be secured and stored for you and your generation.





Are your most valuable assets really protected?

Is all your valuable information in the one spot?

Could you access them in an emergency?



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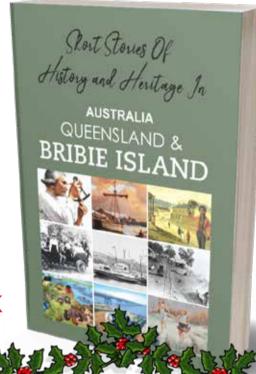


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TAX TIPS....

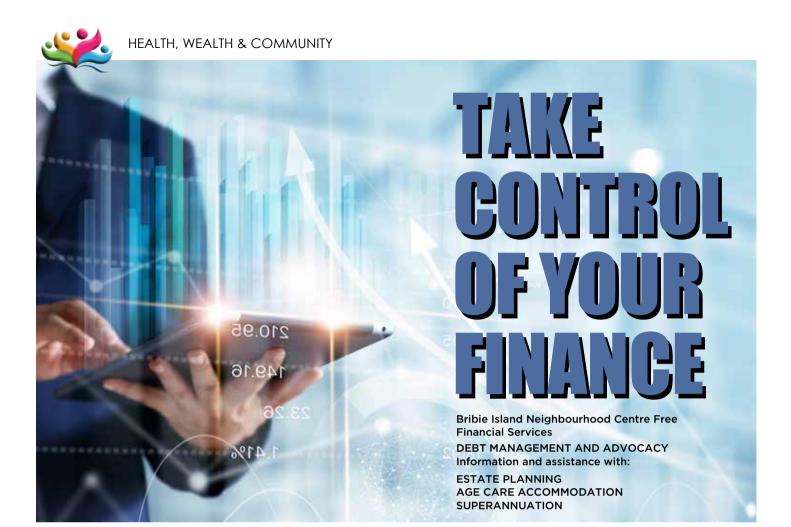
It is difficult to think about tax at this time of year but if you are spending on tax deductible items, please keep your receipts.

Thank you to all my wonderful clients for your continuing support and referrals.

Remember The Reason For The Geason And Have A Very Merry Christmas

PHONE 3408 9539

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IF YOU'RE **STRUGGLING** TO REPAY YOUR **DEBTS, THERE ARE A RANGE OF OPTIONS** TO HELP YOU **GET BACK** IN CONTROL. WHATEVER DO **NOT PUT YOUR HEAD IN THE** SAND AND HOPE **YOUR DEBT PROBLEMS WILL GO AWAY,** OR WORSE, **BORROW MORE** TO MEET YOUR REPAYMENT **OBLIGATIONS.**

THIS IS THE START OF THE "DEBT SPIRAL" THAT IS UNLIKELY TO HAVE A HAPPY ENDING. HIGH-INTEREST CHARGES OFTEN MEAN THAT YOUR MINIMUM PAYMENTS BARELY COVER INTEREST COSTS, SO YOUR DEBT REMAINS OR CONTINUES TO GROW – MORE SO IF YOU KEEP USING YOUR CREDIT CARDS OR OTHER BUY NOW PAY LATER SCHEMES.

If your debt problem is the result of a short-term issue such as the loss of a job, but that you expect to find work again in the near future, you may be able to make hardship arrangements with your creditors to enable you to get back in control. Short term hardship, arrangements include reduced repayments and fees, extending repayment periods and even a moratorium on repayments. It is best to act as soon as you start falling behind with your repayments. Your creditors will require documentation to support your case for hardship such as a budget, Centrelink statements if you are receiving benefits and pay information from your most recent job. Contact your creditors, advise them of your situation and they will let you know how to access their hardship provisions. The sooner you contact your creditors the more options that will be available to help get on top of your debts.

Longer-term debt management options include debt agreements and bank-ruptcy and a last resort but an opportunity for a fresh start. Which strategy

is most appropriate will depend on such things as your long-term employment potential, occupation, assets that you own, business and asset ownership structure. You should fully inform yourself about each of these options before locking yourself into a particular course of action and cost. The Australian Financial Security Authority's (AFSA) website lists extensive information on debt management and

AFSA's video on how to avoid untrustworthy debt advisers is well worth viewing. Seek independent information and advice before proceeding with any of these strategies.

Whatever, avoid commercial operators offering quick-fix solutions. They may well cost money and land you deeper in debt. Instead, use the free and impartial services. These include moneysmart.gov.au. It provides comprehensive information on all aspects of money management including managing debts. The Australian Financial Services Authority AFSA.gov.au covers debt agreements and bankruptcy. The National Debt Helpline 1800 007 007 provides telephone advice and referral service. You can call the Neighbourhood Centre on 3408 8440 or email bincfc@gmail.com if you would like assistance from me.

Peter Dallimore is a qualified and registered Financial Counsellor. He provides face-to-face consultations at the Neighbourhood Centre as well as email and video consultations. His services are confidential, impartial, and free.



VIEW CLUB SUPPORTS SMITH FAMILY CHRISTMAS APPEAL

At the November luncheon Bribie VIEW Club held their annual Bring and Buy stall and auction, at which almost \$800 was raised in support of the Smith Family's Christmas toy and book appeal. This last year has been particularly challenging for the Smith Family, with more families needing support, and the money raised at this function will help them to make Christmas a bit brighter for some of these families.



(Photo attached. Pat Edis (L) and Valentina Crump (R) with some of the sale items)



\$110 per head Upon arrival chef selection of canapés with complementary house wine, champagne or beer

ENTREES

Light tempura scallops served with wakame, citrus & chilli salsa drizzled with Thai ponzu Pan seared chimmi churri marinated quail with crisp prosciutto, vine ripened tomato coulis, pan jus

MAINS

Cracked pepper and juniper berry marinated eye fillet resting above saffron fondant potato, sautéed greens & portobello mushroom duxelle drizzled with red wine jus

Pan seared locally sourced market fish served w/ Thai spiced butternut pumpkin, tempura bok Choi, sesame scented sauce vierge & coriander buerre Blanc

DESSERTS

Caramelised citrus tart served with summer berry compote, lemon sorbet & vanilla Persian floss Dark chocolate & macadamia praline marquise w/ fresh raspberry coulis, Chantilly cream & vanilla tuille





BBQ SEAFOOD WITH LEMON GARLIC BUTTER

THIS BBQ SEAFOOD PLATTER WITH LEMON AND GARLIC BUTTER WOULD BE A WELCOME SIGHT AT ANY AUSTRALIAN CHRISTMAS. TRY THIS RECIPE WITH YOUR **FAVOURITE SEAFOOD.**

INGREDIENTS

185g Salted Butter, softened 2 cloves of garlic, finely chopped

1 tbsp. lemon zest

1 tbsp. parsley, finely chopped Pepper

SEAFOOD

12 SCALLOPS, WITH THE SHELLS ON 24 LARGE RAW PRAWNS 2 TBSP. OLIVE OIL

METHOD

LEMON GARLIC BUTTER

Place all the ingredients for the butter into a bowl. Mix with a spatula until evenly combined and smooth

Place a piece of baking paper on the bench and spoon butter mix into a log shape. Roll into a cylinder and refrigerate for at least 2 hours

Prep: 20 Minutes Cook: 10 Minutes

Serves: 6

SEAFOOD

Heat BBQ to high heat and toss prawns in olive oil. Grill prawns in batches until charred and just cooked (1-2 mins each side). Place the scallops shell side down onto the BBQ and cover with the lid. Cook for 3-4 mins or until cooked through, turning the scallops (not the shells) halfway through.

Carefully remove the scallops in the shells and prawns and place them on a serving platter Cut half of the log of flavoured

butter into slices and melt. Generously spoon over the BBQ seafood and serve hot. The remaining butter can be kept in the fridge for a week and used to enhance your next meal.



Christmas orders to be placed by no later than Friday 17th December 2021 at 3pm. Christmas orders can be picked up on Christmas Eve (Friday 24th December) between 8am – 10am or 12pm-4pm (specified upon ordering)

Sunday: 10am-7.30pm

Hotel Re-Opens AFIER \$2.2 MILLION

Renovation

THE BRIBIE ISLAND **HOTEL** will re-open on WEDNESDAY 8TH **OF DECEMBER** after a multi-million dollar renovation that has completely transformed the beloved island venue. Bribie's new-look local includes a refreshed bistro. a massive family-friendly beer garden with large lawn games and renovated gaming room, creating a family friendly hub and mustvisit destination for both those living on and visiting the island. At launch, the beer garden will also have an epic 20m kids' Shark Jumping Castle. Operator Australian Venue

Co. has invested heavily to give the venue a new lease on life, with the transformative renovation celebrating the island's coastal charm while revitalising the design to perfectly cater to the easy-going Bribie Island community.

The entirely refurbished bistro is ideal for people of all ages to enjoy their meal and it opens onto the show stopping new beer garden, which is perfect for those looking to dine and enjoy a drink al fresco. The combined spaces will seat over 400 guests.

The new food menu by Executive Chef Dylan Kemp offers a balance of high-quality pub classics as well as contemporary options that showcase the best of local produce. Guests can expect specials in the bistro throughout the week. Starter dishes include Bacon & Cheese Garlic Bread, Spicy Fried Chicken Tulips with blue cheese mayo. Duck Shanks with Peking sauce, and Wood fired Carrots with hummus

Mains include bistro dishes such as Pork Scotch with chorizo butter beans and Baked Cauliflower Salad with caramelised onion and caper vinaigrette, alongside perfected pub favourites like the Fisherman's Basket, Chicken Schnitzel and a selection of steaks with choices of sauces and toppers such as grilled QLD prawns and salt & pepper squid.

Those looking for something to share can enjoy the brand new wood fired pizza offering, with flavours including Tropical, Chilli QLD Prawn and Teriyaki Cauliflower. A sweet line of up of desserts are also on the menu including Warm Chocolate Brownie with honeycomb and fudge sauce, Sticky Date Pudding with salted caramel and vanilla ice cream, and the indulgent Donut Fries covered in cinnamon sugar, honey and crushed pistachios. Bribie Island Hotel will offer a lively roster of entertainment and activities including Musical Bingo and



The Bribie Island Hotel is operated by Australian Venue Co. and COO Craig Ellison is thrilled to be re-opening such an historic venue for the Bribie Island community. "Bribie Island is a very special place, so we want to reflect that casual island charm in the new pub, while offering our locals the best experience with modern design, new activities and fresh food & drinks menus."

"We really listen to our locals. At the start of the renovation we did a customer survey to inform the changes we'd make, and last week we invited a group of local residents and business owners in for dinner to preview the menu and get their feedback. It's important to us to make sure we've built what the community want."

To celebrate the re-opening, Grand Opening Weekend celebrations will be held from Friday 17th – Sunday 19th December:

- Friday in the Beer Garden complimentary roaming chef's snacks 5-6pm and lucky door prizes
- Saturday in the Bistro & Beer Garden complimentary dessert per person for lunch bookings of 4 or more, pizza & drink specials and live acoustic set



Sunday Family Day in the Beer Garden - free popcorn, giant jumping castle (all weekend), kids balloon artist and pizza & drink specials. Plus, the bistro will have live acoustic music and Drag Bingo from 8pm Australian Venue Co operates a number of Brisbane's most popular pubs and bars including Regatta Hotel, Riverland and Friday's. AVC is investing heavily into the Queensland market. having recently undertaken multi-million dollar renovations at several venues across the state, such as Crown Hotel in Lutwyche, Beenleigh Tavern and Kings Beach Tavern on the Sunshine Coast.

The Bribie Island Hotel will reopen to reveal its new look on Wednesday 8th of December from 5pm.

Themed Trivia.





INTRODUCING
AUSTRALIA'S
SENSATIONAL NEW
BAND, THE FABULOUS
CAPRETTOS!!!!!
Daryl Braithwaite,
Russell Morris.

Rai Thistlethwayte

Jack Jones.

Friends coming together to perform for the first time with a fabulous band. This performance will be something special as the audience can see & hear all artists performing together on stage for the entire duration of the concert. They will perform their hits/favourites & songs that will only be heard for the first time at these shows....

DARYL BRAITHWAITE

Right now Daryl Braithwaite is showing no signs of slowing down. Always a fine interpreter of songs, singer/front man/ songwriter from his early days with 70's supergroup SHERBET to his highly successful solo career today. "I guess, overall, I'm happy I took up singing," says Daryl with his customary modesty. "I really am. And, without labouring the point, I think that I've been very fortunate to have had a lot of help from different people as well. It seems to have come together. Why it's lasted this long, I think it's because I love it. I love doing it, and I love audiences."

RUSSELL MORRIS

The past 7 years have been an incredible musical journey for both Russell and his fans, fortunate enough to create and release three award winning albums of blues and roots music & the top ten 2019 new Black & Blue Heart album.

JACK JONES

Jack was still a teenager when he found fame in Southern Sons. Southern Sons went on to become one of the most loved Australian bands of the '90s, with hits such as 'Heart In Danger', 'Hold Me In Your Arms', 'You Were There', 'Always And Ever', One of Australia's most talented singers/songwriters and guitarists.

RAI THISTLETHWAYTE

Founding member and singer songwriter for Thirsty Merc After over a decade of making music, Rai is still as thirsty as ever. Creating & performing a swag of his classic tracks such as "20 Good Reasons", "Someday Someday", "Mousetrap Heart" and "In The

Summertime."

Bribie Island Hotel (Bellara, QLD) Sunday, 23 Jan 2022 @ 5:30 pm



NEW BISTRO & GAMING | NOW OPEN



Shop 2/9 Toorbul Street Bongaree - Bribie Island, QLD



O Little Town of Bethlehem



hen Phillips Brooks, a rising young preacher and staunch abolitionist, was asked to give the funeral address for President Abraham Lincoln, he must have been daunted by the task, and sure that his eloquent eulogy would be the most famous lines he would ever pen.

He was wrong. Shortly afterward, exhausted from years of war and longing for rest, he took a sabbatical from preaching to visit the Holy Land, hoping to find peace.

There, as he visited still-insignificant Bethlehem and looked out at the landscape at night, the lines for a poem jumped to his mind: "O Little Town of Bethlehem, how still we see thee lie. Above thy deep and dreamless sleep, a silent star goes by."

Several years later, he came back to the could not hear his coming, but whose poem and completed it. His organist, heart had long recognized his presence

hen Phillips Brooks, a Lewis Redner, added the music. It was rising young preacher and first performed by the children's choir in staunch abolitionist, was asked to give the funeral esident Abraham Lincoln,

But one child, who wasn't yet born, would find special meaning in Brooks's song. Helen Keller, the famous educator who was born blind and deaf, met Brooks' years later. He was the one who explained the gospel to her for the first time.

Through her teacher and translator, Anne Sullivan, she told Brooks, "I've always known there was a God, but until now I've never known his name."

The carol's third verse, though written years before Brooks had met Keller, captures perfectly the joy of salvation arriving to a deaf and blind child whose ears could not hear his coming, but whose heart had long recognized his presence:

How silently, how silently, the wondrous gift is given!
So God imparts to human hearts the blessings of His heaven.
No ear may hear His coming, but in this world of sin,
Where meek souls will receive him still, the dear Christ enters in.



2021 DEC

Bribie Island Christmas Lights Boat Parade

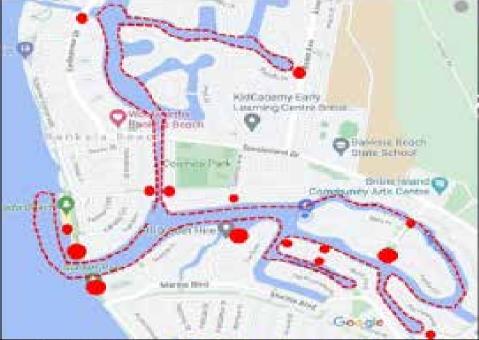
Come & Share some CHRISTMAS CHEER by Joining us on our

FREE CHRISTMAS LIGHTS BOAT PARADE on

SATURDAY THE 11th OF DECEMBER 2021

- Boat Parade Route

Public Viewing Locations



Boat Parade

Commences at 7pm
PROUDLY PRESENTED

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PLUS 19th Dec 2021

Santa & his VMR Helpers will cruise the canals by boat & hand out lollies to Children from 1:30 to 5:00pm

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POINT COMMUNITY CAROLS

Pack your chairs or picnic rugs, bring your family and friends, and come along on Saturday 11th December 2021 to Sandstone Point Oval, 202 Bestmann Road East, Sandstone Point (behind the IGA shopping centre) and join in the fun and excitement that is Community Carols. And, Santa will be there!

According to Heather Dawber, Sandstone Point Community Carols Convener, "This year's Carols will be bigger and better than ever. Now in its 14th year, Sandstone Point Community Carols are proudly hosted by the Lions Club of Sandstone Point and the Sandstone Point Community Association.

'Entry is FREE. Rides for the kids, sponsored by Gemlife-Bribie Island are FREE and there are heaps of activities to keep all ages happy. There will be plenty of food stalls where you can purchase food and drinks or pack a picnic. This is an alcohol-free event."

On stage, entertainment starts at 4.30 pm and the Singalong Carols Concert commences at 6.30 pm. Of course, it's not Christmas without Santa who arrives at 5 pm. Santa will greet the children at his photo booth where parents can take a photo of their child with Santa. Santa will also be handing out a small gift for each child.

This special night ends with a magnificent fireworks display, sponsored by the Sandstone Point IGA.

Remember, it's FREE, it's FUN and it's on SATURDAY 11th of DECEMBER at SANDSTONE POINT OVAL.





For further
information contact:
Heather Dawber
0438 271 141
Carols Convener
Sandstone Point
Community Carols



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FOOD, WINE & ISLAND TIMES



The Art Tarts Exhibition for 2021 closed on Sunday 28
November 2021. Always a popular event on the BICAS
calendar, this eclectic and vibrant display of unique and
original art did not disappoint. A very successful two weeks,
not only for the thirteen artists involved but also seen in
the number of visitors to the Arts Centre and Cafe. The Art
Tarts raffle raised over \$1400, with all proceeds going to
Dragons Abreast. Art Tarts will be back in November 2022
with more wonderful exhibits.







BOOKINGS SUGGESTED TO AVOID DISAPPOINTMENT

ONLINE BOOKINGS AVAILABLE FROM OUR WEBSITE OR FACEBOOK PAGE



The Surf Club Bribie Island



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W| thesurfclubbribie.com.au E| info@thesurfclubbribie.com.au Christmas!



EVERYONE MUST HAVE CLOSED IN SHOES

BRIBIE AND DISTRICT WOODCRAFTERS ASSOCIATION ALONG WITH BRIBIE ISLAND GEM AND FOSSICKING CLUB ARE HAVING AN OPEN DAY AND MEMBERS MARKETS!!!

Sunday 12th of December 2021, starting from 8 am to 1 pm.

If you are looking for a special gift, or even something for yourself, this is where you will find it!



ake sure you don't miss out on this one, there are some beautiful works of art from both clubs and you may find that perfect Christmas present you are looking for! There is some stunning pieces that anyone would be overjoyed to receive for Christmas.

Bribie Island Gem Club is a community based, not for profit organisation. Formed in 1998, they promote and teach lapidary crafts which include cabochoning, silver smithing and faceting. This is an ideal opportunity to bring the kids along, you will find they can partake in the children's fossicking!

Gem fossicking is a wonderful and exciting way to introduce children to the wonders of geology as well as a fun and rewarding hobby. The kids will be entertained for hours, trying to find crystals among all the rocks. Prospecting for gold







and fossicking for gems (or anything your child thinks is a treasure!) is a fun and educational outdoor activity, which could well become a regular pursuit.

The Woodies also have some fantastic items of interest for all ages! The Club's goals are to foster and promote an active interest in all matters relating to the history, development and artistic expertise of working with wood. To raise funds for club activities and for

the improvement of the association. The Woodies also raise funds for charitable organisations, research and community projects which will further the standing of the association in the community. You are welcome to come and see the wonderful items made by the members, there also will be many beautiful pieces for sale. If anyone has questions or a need for items to be made or fixed there will be Woodies members available who can discuss this with you.

There will be lots of stalls and a large array of giftware to buy, or just come and have a look at what Bribie's talented club members have to offer! The workmanship in these items truly need to be seen and appreciated, that alone is worth dropping in!

Santa will be arriving between 10 am -11 am with some presents for the kids!!!

Everyone is welcome to come & you won't be disappointed when you see what they have to offer!

Make a day of it and stop in to Café 191 for lunch or coffee and cake, it is guaranteed to be a great day out for all the family!

For More information contact either the Gem Club secretary@bribiegemclub.

com.au or Phone Sandra

on **0421888133**

Or the Woodies

bribiewoodcrafters@outlook.com Visit our Web sites

bribiegemclub.com.au or bribiewoodies.org.au







BRIBIE ISLAND BOWLS CLUB

Welsby Parade Bongaree • 07 3408 1018 www.bribiebowls.com

Busy Fingers

MERRY XMAS....

AND A HAPPY & SAFE NEW YEAR TO ALL OUR CUSTOMERS & SUPPORTERS We hope everyone has wonderful Christmas and NY celebrations, hopefully with family and friends and remain safe and healthy throughout the Festive Season. We will be closing at Noon on Friday 24th December and will be closed for 2 weeks, re-opening on Monday 10th January 2022. The gates will remain closed during this break, so please do not leave donations outside on the footpath as this is council land and fines can be issued.

XMAS LUNCH CLOSURES

CHRISTMAS LUNCH TIME CLO-SURES OF 1 HOUR

During the week commencing Monday 6th December we will be closing the shop from Noon until 1 pm on Monday 6th Dec, Wednesday 8th December and Friday 10th December. This will allow us to acknowledge the extraordinary efforts of our volunteers throughout the year, with a Christmas Lunch, we thank our customers for their assistance and patience in this matter.

DONATIONS

I am pleased to advise we have been able to help several clubs and associations over the last month, as usual we continue to assist the Island's VMR, Hospice, and Global Care monthly. BI State School needed assistance to run a Blue Edge Program for Grade 6's in partnership with Qld Blue Light Assn, we hope this new program is a success and proves to be helpful for the participating kids. BI Amateur Fisherman's Assn required some assistance to complete their replacement storage shed. BI Community Men Shed needed some new Hi-Viz shirts for the members to ensure their safety whilst working. BI Potter's Club required assistance installing a new kiln. Lions Camp Quality needed some more assistance for the picnic day and the War Widows BI Legacy asked for assistance with gifts for the wonderful ladies on the island during their Christmas lunch.

OUR TRADESMEN

As this is the last article for the year. I would like to thank the island businesses that have continued to assist us throughout the years, when we need urgent assistance, these men are always on hand for us, and we thank them sincerely for continually looking after us. Ron of RJB Electrical 0422448141, Scott of Scott Baden Plumbing 0419677264, Jordan of Ezy PC Sales 34084301. Lee of Bribie Locksmiths 0420305625, Wayne of Bribie Airconditioning and Refrigeration 0409483796, lan of The Ink Shop 34086421, Thomas of Virtue IT 0468926452, Rodney of Islands Signs 0407323992, Derek of Leading Appliances 34089200 and Mark & Kim of BI Office Supplies 34086333. These people not only look after our building, but they also help us fulfil the grants where possible, as we always ask associations to get a quote from an island business if they can supply the goods, to keep the island's economy strong. We look forward to working with these businesses again next year and we wish them a happy and safe festive season.



Also, this year BI Aged Care - new linen, portable BP machine, new smart TV's, commercial toasters, gym equipment & Alert Alarm Systems. Bribie Kindy - Bike & Trailer and shirts & Hats; Silvertones - sound equipment; MELSA pedestrian crossing and leaf vacuum; Swimming Club - IT equipment; BIDCA- Gazebos; House of Happiness - Exterior doors and BBQ area seating; Netball Club - Fridge, Blinds and flyscreens; BI Nat Servicemen's Assn - Laptop: Bombora Outriggers - canoe covers & movable wheels, VHF Radio; Pickleball Club - Balls, nets. covers & paddles; Surf Club - Training buoys; Croquet -Brush cutter & Blower & laptop; High School - new Point of Sale equipment: BI Seniors - uniforms; Bongaree Bowls sunshades & drink holders; Boy Scouts - canoe paddles, lifeiackets & camping equipment: BB Garden Club - Water Urn; AFL Club - security cameras; BI Little Athletes - 80 Hurdles: BI Social Seniors - Laptop & Programs. Bongaree Social Group - Auto Defibrillator; BB Garden Club - Projector; SES - new IT equipment: BI Global Care - repairs to refrigerator truck; BI Police - 4-seater ATV; Fishing Club -shirts; BI Potters - Electrical installations; Arts Centre - Carpeting: BI Bridge Club - Air Con repairs and SS Koopa Fun Run - Laptop & Programs.

In conclusion, I would like to thank all our staff, volunteers, customers, donators and supporters for their continued support throughout the year, a special thank you for the Bribie Islander family who allow us to keep you informed of what Busy Fingers are doing each month. Please have a happy, safe and certainly healthy Christmas with your loved ones and we hope to see you all in the New Year. Sandra



market times

Bribie Island BICA Markets

The Bribie Island BICA Markets are held at Brennan Park, Bongaree, the 3rd Sunday of each month from 6am -12pm

Bribie Rotary Markets

The Rotary Markets are held at Brennan Park, Bongaree on the second Sunday of each month from 6.30am – 12 noon

Queensland Cancer Council Markets

The Cancer Council Markets are held at Brennan Park, Bongaree on the first Sunday of each month from 7am to 12 noon.

The Sylvan Beach Munch Markets

(Farmers Market)

The Munch Markets are held in the park opposite the Bribie Island Hotel on the 1st Saturday of each month from 9am to 2pm

The Bribie Lions Club Markets

The Bribie Lions Club Markets are held at Tintookie Park, Woorim on every second Saturday of each month from 8 am to 12 noon

The Bribie Island Comm Plant Nursery

The Bribielsland Community Plant Nursery is open from 8 am to 12 pm on weekdays and from 8 am to 12 pm on the first Saturday of every month.

Bribie & District Woodcrafters Assoc.

OPEN DAY: Woodworking demonstrations, displays, sales
Last Sat Every Month 8 - 12noon
Contact Ian Trail 0401 134 384

Melsa Park Train Rides

Dec 19 Xmas Special10am to 2pm







Bribie Island Photography Club





"Cole" by Kristic White

The theme for November was "Leading Lines" which was won by Gaby Shaw with an intriguing and unusual image of the Gold Coast titled "View towards the Gold Coast".



"View towards the GC" by Gaby Shaw

The winning photograph in Digital Open Colour was titled "Cole" a lovely shot taken by Kristie White of her nephew, Cole. "Cole" was also awarded Photo of the Month.



"Thumbelina" by Lynette Romano



'Seal"by Gordon Bentzen

Digital Creative was won by Lynette Romano with an artistic creation titled "Thumbelina"

Gordon Bentzen won the Open Colour Print category with a splendid shot titled "Seal"



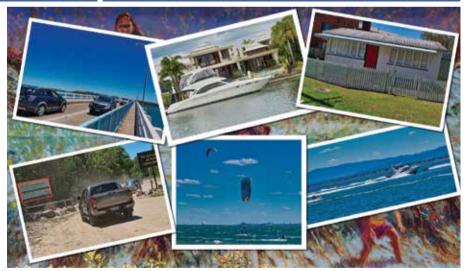
"Terror from Above" by Mike Ktori

Digital Mono's winning shot was "Terror from Above" a superb shot of an Osprey in full flight by Mike Ktori



"Ruffled" by Marj Webber

Mono Prints was won by Marj Webber with "Ruffled" a photo of an Intermediate Egret in breeding plumage being ruffled in the wind.



Our judge for the night was john north who travelled in rainy conditions on the night to judge our photos.

During the weekend of 14th and 15th November there was a photo shoot on Bribie Island where members were invited to take photos of aspects of the Island which were of meaning to them. "The Essence of Bribie" attracted some interesting shots which were put on Dropbox for all members to view.

There will be no photo competitions during the months of December and January. Our January meeting will be a hands-on workshop with several activities set up to photograph. Visitors

are welcome to join in. Bring your camera. Our Christmas Party and AGM will be held at the home of Gail and Max Goodair on Sunday 5th December, commencing at 11 am.

The Bribie Island Photography Club meets on the fourth Monday of each month, except for December, at 7 pm in the Board Room at the back of the Arts Centre on Sunderland Drive. Guests are most welcome. The first two meetings are free. For enquiries, please ring Gordon on 3408 2649 or Gail on 0419 638 865.

Website: https://www.sites.google.com/site/bribiephotographyclub

Email: bribiephotographyclub@gmail.com



I hope everyone got, at least a glimpse of last month's partial lunar eclipse. From my location, I was completely clouded out, which was disappointing, as I was on a team of astrophotographers to assist with the live broadcast of the event for the Virtual Telescope Project. Interestingly, that eclipse was the longest partial lunar eclipse visible between the 15th and 27th centuries. So it was quite special.

Our December sky sees the familiar constellations of Taurus and Orion rising in the east, with Sirius, our brightest star, rising also. The Southern Cross is climbing higher again and the opportunity to view the planets, Jupiter and Saturn, is fast disappearing, as they move closer to the western horizon with Venus. They will be gone by Christmas.

Comet Leonard, discovered in January of this year, will make an appearance in our skies on December 17th. I know I have promised this before, and been

wrong, but comet brightness is difficult to predict, most are expecting this comet to be visible to the naked eye around Christmas. With an 80,000 year orbital period, it's a safe bet we will never see it again, so get ready!

As Christmas is fast approaching, and if you have noticed a budding astronomer in your family, I urge parents to foster that interest. My first step was a pair of binoculars and a planisphere. These days there are many phone apps were held up to the sky, making learning the constellations and bright stars very easy for adults and children. If you feel an astronomical telescope would be appreciated under the tree this year... (Gentle hint for my family)... there are a plethora of starting points under the \$400 or \$500 mark in hobby shops. An excellent starting telescope, that the whole family can use and enjoy, would be a 6 or 8-inch aperture Dobsonian. Dobsonian telescopes use a push-pull design

mount, that's easy to operate, and even comes in tabletop models for children. These telescopes will give exceptional views of the moon, planets, bright nebula and double stars.

Katherine Miller

Don't fall into the beginner's trap of asking which telescope has the most magnification. As a general rule, the maximum usable magnification of a telescope is 50 times the aperture. The basic aim of any telescope is to gather light from very distant, faint objects. A 6-inch aperture telescope collects 576 times more light than the human eye, an 8 inch 1024 times more light, almost double that of the 6 inches. Above all, the most important advice I could ever give any potential telescope purchaser is this. A flimsy mount should be avoided at all costs!

Once you gain confidence in your telescopes operation, then a jump to a sturdy equatorial mount or a computerised telescope will be more comfortable. To jump straight into these more expensive and more complex telescopes

usually ends up in frustration and disappointment. Enjoyment is the aim, not getting bogged down with technical setups. Don't forget, you will need at least 2 eyepieces.

A 25mm and a 12mm is a good start. These will last a lifetime and fit all modern telescopes.

We have covered so much in such a short period of time here. There is always so much happening in our skies and as always, I'm happy to respond to your questions. I have enjoyed meeting many of our readers. I would also like to thank Katherine Miller for her magnificent astrophotography throughout this year, which we have all enjoyed

Above all, stay safe and Merry Christmas Bribie!! See you next year.

bribie.astronomer@gmail.com

John Stevenson Owner/Operator of Banksia Observatory

SEE THE ABILITY **NOT THE**





oday is International Day of People with Disability (IDPwD) On 3 December, every year, people around the world participate in events to celebrate the achievements of people living with disabilities, as well as promote awareness, understanding and acceptance in the community. This is why members of the d9560 Passport Rotary Club and Spinal Life Australia have organised a special event at the Bribie Island RSL.

My article, in the 19 November issue of the Bribie Islander. gave details of our event. In that article, I said that Lyntara

d9560 Passport **Rotary Inc**

because the Webster Street premises will be an assisted living residence managed by a highly regarded provider and not a hospice.

Each year, the United Nations announces a theme for IDPwD. For 2021, the theme is: 'Leadership and participation of persons with disabilities toward an inclusive, accessible and sustainable post-COVID-19 world'.

IDPwD is an ideal opportunity for communities to make positive changes to the lives of the 4.4 million Australians living with a disability; however, despite the fact that this day has been celebrated globally since 1992, many communities

Equality

To be inclusive, we need to remove attitudinal, physical and technological barriers so that people of all abilities can enjoy a healthy, safe and welcoming environment. If we don't remove these barriers we are discriminating against people living with a disability.

Indirect and unconscious discrimination and prejudice against people with disabilities are called ableism (i.e. it is discrimination in favour of non-disabled people). And it happens all the time throughout all cultures and societies.

In order to overcome ableism we need to educate ourselves and our community about disability issues. We need to understand the common stereotypes that we have imposed on people living with a disability. For example, many assume that because a person is blind they can't hear, speak or comprehend. So they ignore the blind person and ask their carer or companion questions such as 'how do they know what buttons to push on a keypad or an ATM?' Many of us treat a person with a disability like they are a child, talking about them instead of directly to them, or speaking for them.

You will probably be surprised when you acknowledge you have labelled someone with a common stereotype such as crazy, nuts, insane, retarded, a mental case or even a cripple or has special needs. But once you recognise you are using ableist language you can change by

Equity

using words such a disabled rather than a cripple, or eccentric rather than nuts, insane and crazy.

People living with a disability are not seeking equality but equity. Equality means everyone is given the same resources or opportunities; however, equity recognises that each person has different circumstances and provides the resources and opportunities needed to reach an equal outcome. Providing equity thus provides justice. The diagrams attached demonstrate this concept and show how to provide equity and remove barriers and become an inclusive community.

So whether you are an individual, a member of a community group, a business or a school, there are so many ways you can promote a more inclusive and accessible world. For example, contribute to the Moreton Bay Council's surveys on how do we achieve a more inclusive, healthy and resilient community; ask people living with a disability to be a guest speaker; talk to some of our local members of Spinal Life Australia and ask their opinions; or talk to Bill Peacock, our local disability Consultant and Advocate. But above all, be kind and understanding of one another. As the motivational author, Dr Charles Glassman said 'Kindness begins with the understanding that we all struggle.'

EQUALITY VERSUS EQUITY



In the first image, it is assumed that everyone will benefit from the same supports. They are being treated equally.



In the second image, individuals are given different supports to make it possible for them to have equal access to the game. They are being treated equitably.



in the third image, all three can see the game without any supports or accommodations because the cause of the inequity was addressed. The systemic barrier has been removed.

Quirke is going to update us on the Webster Street Hospice. My apologies to the dedicated Bribie-Moreton Hospice Committee

still do not understand how to include people with disabilities in their programs, services, facilities and activities.

REGULAR FEATURES

End of year celebrations are here!

It's time to celebrate! With the end of the year nearly upon us, there is one group that really deserve to be celebrated. And that's all our teachers, education staff and students around the

The past two years with COVID-19, lockdowns, learn@home and general pandemic pressures have been tough on everyone. But for our kids and the staff who support them it sometimes felt impossible! And yet they all persevered.

Our teachers and education staff have been so patient as everyone worked through the new learning situations. They stepped up to the challenge of creating learn@home resources at the speed of light and made sure our kids still got the quality education they deserve. This was only possible because our teachers are so dedicated and compassionate and just 100% passionate

We've seen the impact that brilliant teachers and staff have about education. on our kids. Because of you, they're not just doing school but thriving. And I've seen that with the number of students getting awards and graduating. Over the past couple of weeks, I've been signing certificates for our graduating juniors and seniors and the piles have been stacking up.

And at this time every year I head off to as many Graduation and End of Year Celebrations as possible, and what I see there gives me real joy and hope for the future. When I hear people worry about the 'youth of today' I often wish they could attend school graduations and events like Lions Youth of the Year and see these passionate, intelligent, committed young people for themselves. We can all be so proud of the impressive young people in Pumicestone - I know I am.

Congratulations to all our teachers and education staff for supporting our beautiful young people and smashing through another year. And to all our graduating students, especially our graduating Year 12s - you've done it and now the world is open

For any parents or carers whose young person didn't get my Certificate of Graduation at school and think it might be a boost for their child, please email or call my my office on pumicestone@parliament.qld.gov.au or 07 3474 2100.



Angus Maguire.



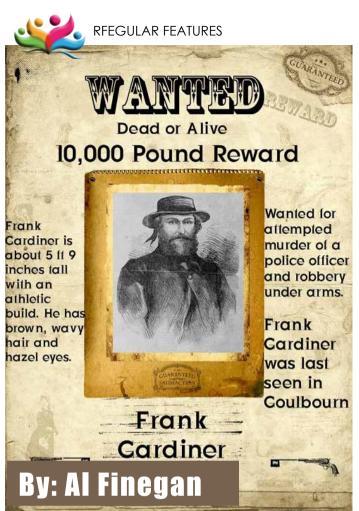
DON'T WAIT, VACCINATE

OUR COVID-19 VACCINE PLAN



ALI KING MP Member for Pumicestone Working hard for us





BY MARCH 1862, POTTINGER WAS CONFIDENT THAT THEY HAD THE BETTER OF THE BUSHRANGERS. POLICE NUMBERS HAD BEEN INCREASED, AND NOW WITH COMMUNICATIONS IMPROVEMENTS VIA THE TELEGRAPH NETWORK, FRANK GARDINER'S MEN HAD TO BE FAR MORE CAUTIOUS IN THEIR ACTIVITIES. AS SOON AS WORD OF A GANG'S MOVEMENT WAS RECEIVED, ALL POLICE STATIONS IN THE SURROUNDING AREA WERE NOTIFIED, AND ROADBLOCKS WERE QUICKLY IN PLACE. ROBBERIES OF HEAVILY PROTECTED MAIL COACHES HAD CEASED, TO BE REPLACED BY SMALL-TIME HIT AND **RUN RAIDS ON STATIONS AND REMOTE** TOWNS. DIGGERS ON THE GOLDFIELDS WERE NOW SELLING THEIR GOLD TO THE GOVERNMENT AGENT ON SITE, THEN TRANSMITTING THEIR MONEY BY TELEGRAPH TO THEIR BANK IN SYDNEY. THE BUSHRANGING BUSINESS HAD BECOME A LESS PROFITABLE ENTERPRISE. CONFIDENT THAT THE BUSHRANGERS HAD CEASED ATTACKING ESCORTED GOLD COACHES, THE BANKS DEMANDED THE POLICE DO THEIR JOB AND REPLACE THE EXPENSIVE PRIVATE GUARDS.

In April 1862, the men-at-arms suffered a blow when they lost John Piesley. In a drunken gunfight he shot and killed William Benyon. He was tried and

KING OF AUSTRALIAN BUSHRANGERS

Episode 6

GOLD GOLD GOLD

convicted for murder, sentenced to death, and hanged on 25th April 1862. Losing John was a watershed moment. At his wake the gang finally agreed it was time to make one last major gold heist then quietly disperse.

Frank briefed his neophytes to track all the regular gold escort movements around the goldfields of Forbes and Young

recording their routes, escorts, and departure times as well as the number of ounces of gold on-board each coach. It made it easier for Frank that the details required were frequently published in the local newspapers' columns. One paper even went so far as to highlight the escorts weaknesses. "The Western Examiner" on the 31st March 1862, reported "The coach consists of four men only, and as if to facilitate their destruction by any gang of ruffians that may take it in their heads to "stick them up", they are cooped up, two in a row, in the vehicle containing the gold. It is pretty generally admitted that our whole police escort system is faulty".

By May 1862, Frank had a clear picture of gold transports, their routes, values, and escorts. He called a meeting of his menat-arms and had no trouble convincing them to take on a heavily guarded mail coach, once he revealed the riches they would receive were they successful. It was agreed that they would all stand down while Frank Gardiner, John Gilbert and Ben Hall completed their reconnaissance and planned the attack, and wait patiently for a "telegram" to arrive.

The trio carefully studied the reports, comparing the values of the cargoes and the escorts. Their research revealed that the mail coaches out of Forbes were carrying the richest loads. The road for the ambush required that it not be well patronised, like

the busy Lambing Flat and Forbes's main road. Ben proposed Eugowra Rocks, an area littered with large granite rocks and boulders shouldering the road the escorted coach would travel through between Forbes and Orange. Ben Hall's family had a farm at Sandy Creek near Eugowra. Ben knew the place well and had a good knowledge of the surrounding country. Frank sent a message to Kitty to go into Bathurst and purchase 12 matching red shirts and 12 black scarfs, then meet him at Ben's farm.

Frank, Ben and John rode from Eugowra, tracing the gold coach route, searching for the best ambush spot. About 4Km to the NE of Eugowra they found the right location. A slight rise in the track topped near a huge boulder, then the road descended downhill. They planned in detail, pacing the firing distance from the large rock, and carefully examining the ground around the site. They also marked a path over a hill to the North through the bush to a gulley ideal for the RV, not far but out of sight from the road. They knew from their research that ox wagons made routine trips along the road, transporting goods from Bathurst to Forbes with at least two passing through Eugowra each day. They now had their plan, all they needed was the target. To ensure a victory, Frank emphasised the need for "Shock and Awe".

Finally, their spies reported that a rich cargo was being gathered. The word was that they heard the guards saying they planned to travel via Eugowra. Frank told Ben to go into Forbes and inquire about particulars as to the escort and timings. Ben found out that the escort would be leaving Forbes about midday on Sunday 15th June, and it was planned to go via Eugowra. They decided that this was the one to hit. Frank sent out the "telegram" to his men-at-arms to report to Ben's family farm to meet on Friday 13th, two days before the mail coach was to leave. True to their promise, the men-at-arms arrived on that day. Final preparations for the bold attack now began in earnest. Kitty also arrived, bringing the clothes, and a pack horse that Frank had ordered.

REGULAR FEATURES





On Saturday, the neophytes arrived, leaving two behind to track the gold coach from Eugowra, while Frank led the men-at-arms to the ambush site. He rehearsed them several times on the attack plan, including the RV point over the hill. On returning to Ben's farm to spend the last night before the ambush, one of his neophytes arrived to tell Frank that the coach would include a Captain Brown and Commissioner Grenfell. The men couldn't believe their luck, this was simply too much delicious cream on the cake as they envisioned these two men wandering back into town, stark naked.

At first light Frank's men dressed in the new shirts and scarfs, then rode to the ambush site. Kitty rode to the RV point with scales and awaited the men. Arriving at the ambush site, the first task of the gang was to stop at least two ox wagons. The first arrived as expected and to the consternation and bewilderment of the teamster, he was told to bail up, then park his team of oxen and cart diagonally across the road just over the hill. He was then led into the bush a short distance and tied to a tree. A second Ox wagon arrived and was treated the same as the first. The wagons had been carefully placed to block the track, except for a gap to the left with long grass hiding a ditch.

Unbeknownst to the bushrangers, Captain Brown and Commissioner Grenfell had decided to leave Forbes by horseback before the gold coach's departure. They were many Km in advance of the escort. As the gang waited for the approaching coach, one of the neophytes galloped up to the site to tell Frank of their approach. Frank quickly ordered two of his men to strip off their weapons and outer clothes, grab the teamsters' whips and stand in conversation. The Captain and the Commissioner rode up to the ox wagons and were waved through by the apparently arguing teamsters. By the time the ambush was sprung they were well out of earshot and arrived in Orange ignorant of the robbery.

The team sat patiently and waited.

The rattle and banging of the Gold Escort reverberated through the scrub, as it made its way along the well-rutted track giving early warning of its arrival. Horses snorting in the effort and the sharp crack of the whip echoed about the hill as Fagan, the coachman, urged them on in the late afternoon toward the hidden bushrangers mounted quietly behind the rock, later named in

the National Trust, as the "Eugowra Escort Rock". The coach carried on board a police sergeant and three troopers. They were Sgt Condell and troopers Moran, Haviland, and Rafferty. Condell seated atop next to Fagan while the other three rode inside the coach.

To Fagan's surprise, the coach was impeded on its path by two bullock teams, their teamsters not seen, drawn diagonally across the road hindering Fagan's passage. Fagan called loudly, "Make way for the Royal-mail", then commenced a circuit to pass around them. Just as the coach passed a huge boulder, men suddenly rode from behind. They were magnificently attired in red shirts, their faces blackened by scarfs wrapped around their heads and each was armed with two revolvers. On Gardiner's command, the men emptied their two pistols in volley fire that riddled the coach, its timber frame splintering.

From the sudden barrage, a bullet pierced Fagan's hat. Another perforated the skirt of his coat. Fagan was so fearfully frightened that he jumped off the coach and bolted. Condell also jumped clear, still clutching his rifle. Following the first barrage, the line of four backed their horses as another set of bushrangers rode between the first line and fired a second salvo. The terrified and uncontrolled coach horses galloped off in a panic with the three police still trapped inside. One wheel dropped into the ditch, and the coach crashed on to its side. As it fell, a single shot was heard, followed by an unearthly scream. Dazed and disorientated, two of the police scrambled from the wreck and bolted down the road. Sergeant Condell, who was noted as, "the only cool man of the lot", stood his ground and fired at the attackers, then collapsed under a barrage of bullets.

After the gun-smoke cleared, Sgt Condell was seen to have suffered wounds in three places, the most serious being in the left side. The bullet penetrated a little above the hip, passed under the skin, and out his back. The screams from the coach

continued. The four men not in the assault teams had immediately rushed in, released the coach horses, and began loading the freight from the coach onto them. Frank and Ben went to see where the screams were coming from. It was Trooper Moran. He was curled up clutching his bloody groin. They winced as Moran told them through gritted teeth that when the volley fire hit the coach he panicked and placed his cocked revolver under the seat. When the coach rolled, it discharged, and the bullet went through the seat and tore through his testicles.

The bushrangers, whooping in glee from their adrenaline-charged victory, galloped away with two of the coach horses carrying the cash box and 88KG of gold. On their departure Frank released the two bullockies with a big thankyou and, to their astonishment, handed them each a handful of banknotes to make up for their inconvenience.

As soon as the gang arrived at the RV, they meticulously divided the gold, weighing each lot on the scales, while Kitty carefully divided the cash into 12 lots. They each packed about £370 cash and over 7Kg gold into his saddlebag, today's equivalent of \$30,00 and \$750,000. After stripping off their shirts and scarfs, they quickly said their goodbyes, and each galloped off on his own escape route, with no one telling the others of their plans.

At the same time, Haviland and Rafferty continued their panicked run until they arrived at "Clements", a nearby station. The station manager quickly rounded up a party of men and led by the policemen, returned to the ambush site. They attended to the two wounded men and gathered up the scattered contents of the mail bags.

While the police survivors and bullockies remained with the overturned coach, the Clements manager galloped off to Forbes in the darkness, reined his horse in at the police station, and relayed the sensational news of the happenings at Eugowra. In the early morning, a distressed coachman Fagan also appeared at the Forbes police station saving he believed all the other police were killed. As word spread, great pandemonium broke out as the circumstances were blazed across the 1860's internet, the Electric Telegraph. A rescue party was organised and departed at first light. The bulletridden coach was righted and, with the wounded police on board, and fresh horses, proceeded to Orange where it immediately became a huge centre of attention from the astounded locals.

As the news of the robbery reached fever pitch, the search for the Gardiner gang started in earnest. But of the gang, they were nowhere to be found, and Gardiner had vanished as completely as though the earth had opened and swallowed him up.

Next Episode: Master of Deception



BONGAREE BOWLS MEN'S RESULTS

Sat Nov 13th Scroungers 1st Lynn Bell, 2nd Errol Fender, 3rd Wayne Munn. Wed Nov 17th mixed 4's Winners Ernie Connolly, Ross Bryant, Gaynor Johnson, Ron Corrick. Runners Up Di Davidson, Adam Veen, Hazel Crouch, Pat Clancy. Sat Nov 20th Scroungers 1st Paul White, 2nd Yuki King, 3rd Peter Mann Wed Nov 24th Mixed 4's Winners Wayne Baker, Morris Huddleston, Ken Kajewski, Arthur Hangan, Runners Up Steve Mogan, Robert Johnson, Richard Fell, Gideon Croukamp

BONGAREE LADIES BOWLS

Tuesday 16th November Crockett, BJ Adams
Pairs Winners: Bob Vonarx, Sandra Out of hat winner: J Noonan, M
Scott. Gittins, L Gilmore

R/up: Jim Irvine, Ron Corrick. Bonus draw winners John Miller, Victor Wright.

Friday 20th November: Presidents at Home Day

Sponsored with thanks, by Peter Norton from Bribie Island Skin Cancer Clinic. Lots of winners and lots of fun.

Tuesday 23rd November Pairs Winners Arne Jensen, David Vaughan.

R/Up: Sandra Scott, Bob Vonarx



Prize winners at the Presidents at Home special day held on Friday November 20th.

BRIBIE BOWLS CLUB

Club Select Triples Thursday 28 October 2021 1st out of hat: P Boyland, N Smith, B Hunter 2nd out of hat: J Murray, C Hamilton, A Riley Bunny: G Olson, G Twigg, J Ogodniczek Random Select Fours Results Saturday 13 November 2021 Highest Margin: M James, L Murphy, K Opray, J Wallis Lowest Margin: M Teawa, C Monk, S Mitchell, P Ryan Out of hat winner: C Brayley, J Neill, I Smith, F Grimsey Out of hat winner: B Bognar, D Groves, G Fitzgerald, T Erfurth Out of hat winner: K Thornton, P Neumann, M Andrews, J Ogrodniczek Self-Select Triples Results Tuesday 16 November 2021 Winners: T Turnbull, S Mitchell, D Hudson Runners up: G Dieben, C Dennis, C Kelly Out of hat winner: R Eaton, F Crockett, BJ Adams Gittins, L Gilmore Bunny: B Doe, A Kinnear, B Kinnear Self-Select pair's results

SOLANDER LAKE BOWLS RESULTS

Congratulations to the finalists of the 2021 Men's Vets Championship. L to R Runner up: Robert Stumbles, Winner: Richard Wales.



BONGAREE BOWLS MEN'S

Sat Nov 13th Scroungers

1st Lynn Bell, 2nd Errol Fender, 3rd Wayne Munn. Wed Nov 17th mixed 4's Winners Ernie Connolly, Ross Bryant, Gaynor Johnson, Ron Corrick. Runners Up Di Davidson, Adam Veen, Hazel Crouch, Pat Clancy. Sat Nov 20th Scroungers 1st Paul White, 2nd Yuki King, 3rd Peter Mann

Wed Nov 24th Mixed 4's Winners Wayne Baker, Morris Huddleston, Ken Kajewski, Arthur Hangan, Runners Up Steve Mogan, Robert Johnson, Richard Fell, Gideon Croukamp Wednesday 17 November 2021 Winners: J Howarth, S Swan Runners up: G Brayley, M McIntvre Out of hat winner: T Dean, C Dean Out of hat winner: S Roots, C Havles Bunny: B McNeill, E Stacy Club Select Triples Results Thursday 18 November 2021 1st out of hat: H Anderson, N Smith, D Groves 2nd out of hat: C Stroud, J Murray, B Hunter 3rd out of hat: J Muller, B Wood, M Roberts Bunny: C Brayley, J Hillier, C Kellv Self-Select Pairs results Friday 19 November 2021 Winners: D Heath, B Priest Runners up: K Taylor, P Hughes Out of hat winner: N Holzberger, B Hoffman Out of hat winner: D Whitehorn, W Woody Out of hat winner: D Barclay, C Barklay Bunny: S Root, G Hallop, E Sharp

Sharp Random Select Fours Results Saturday 20 November 2021 Highest Margin: M James, D Neumann, T Erfurth, C Hancock Lowest Margin: T Hudson, C Halley, V McCutcheon, D Groves Out of hat winner: J Ferguson, BJ Adams, B McNeill, L Hackwood Out of hat winner: R Ghest, W Kelly, G Reilly, L Murphy Self-Select Triples Results Tuesday 23 November 2021 Winners: R Hunter, J Ferguson, P McCarthy Runners up: R McDermott, P Mannion, G Riley Out of hat winner: J Brazier, G

Mannion, G Riley Out of hat winner: J Brazier, G Mewitt, J Mewitt Bunny: J Noonan, M Gittens, C Kelly Scroungers Results Wednesday

24 November 2021 1st: R Eaton 2nd: A Evans Self-Select pairs results Wednesday 24 November 2021 Winners: J McCloud, K Perkins Runners up: M Garfield, E Bateman

Out of hat winner: E deakin, R Brinton

Out of hat winner: L Williams, Y Ackroyd, P Campbell Out of hat winner: J Hazelwood, R Fowler

Bunny: G Steele, D Beadman

959

HOW POPULAR ARE OUR GALA DAYS?

Kathy Vincent. Before ovid, the Bribie Island Croquet Club had a number of Gala Days each year. But then there was Covid!! Well on November 6th we had a Gala Day at last!! Gala days are great fun. For the first two games, you have one partner then a yummy morning tea. Change to a new partner for two games before lunch then change again to a different partner for two games before scones and cream and delicious cakes baked by members of the club. (We do have a reputation for providing the best morning and afternoon teas!!) These events are so popular that we have visitors from other clubs and you have to

morning and afternoon teas!!)
These events are so popular that we have visitors from other clubs and you have to get your name down quickly if you want to play. This time we had visiting players from Toowoomba,
Twin Rivers, Headland-Buderim, Nambour,

Caloundra and Hervey Bay, all keen to take part. As you can imagine this sort of event takes a lot of organizing, Well Lynne Mellor did an excellent job assisted by her helpers. There were 4 teams competing for prizes.

Kay Moffatt from Hervey Bay won for the Yellow Team.

Peter Moffatt from Hervey Bay won for the Blue Team.

Kev and Val Reeves from Bribe won for the White team.

Janette Knight from Bribie won for the Red Team.

But some members were missing, they were playing croquet in Norfolk Island and doing Bribie proud. Dennis Green and his partner came first, Dolly Taylor and her partner came second and Lynne Kruger and her partner came third and Barry Boodle came 4th. How well did they do representing Bribie?

The Gateball team also

had a great time recently playing against 11 other teams at Caloundra. They came second well done Gateballers Why not come along and see if Croquet is for you?? Call Dick Byres President of the Club on 0488 282









MORETON BRIBIE BRIDGE CLUB

Sat 13 Nov

N/S 1 S Watson & R Sutton 2 L Carr & K Cohen 3 D Quinan & F Barkwith

E/W 1 Y Swanson & L Heap 2 C & R Cowley 3 R Medhurst & M O'Reillv

Wed 17 Nov

N/S 1 L Carr & K Cohen 2 M Peart & M Young 2 A Jones & J Kennedv

E/W 1 R Medhurst & L McLaren 2 A Fielding & L Groves 3 B Fuller & M Hardy Sat 20 Nov

N/S 1 R Sutton & S Watson 2 L Carr & K Cohen 3 L McLaren & J Kennedy

E/W 1 D Quinan & F Barkwith 2 L Groves & A Fielding 3 J Medhurst & J Schmidt Wed 24 Nov

N/S 1 H Tyler & S Watson 2 A Jones & J Kennedy 3 L Groves & A Fielding

E/W 1 C & R Cowley 2 K Cohen & L McLaren 3 B Fuller & M Hardy

BICBC:

Mon 15 Nov

N/S 1 P Edis & C McAlister 2 N Everson & B King 2 M Arthur & N Denvir

E/W 1 R Deacon & L Groves 2 D Dowling & S Gurren 3 J Day & S McCulloch

Mon 22 Nov

N/S 1 M Peterson & D Quinan 2 H Browne & U Maffey 3 M Peart & D Quinan

E/W 1 R Deacon & L Groves 2 L Wilson & M Hardy 3I Best & B Moxham

WE WANT YOU!!!!

Calling all Junior Boys & Girls for the upcoming 2022 Junior Rugby League Season.

Player registration in NOW OPEN online via our website www.bribieislandjuniorrugbyleague.com.au then follow the registration link to sign on.

Or alternatively at The Warrigals Clubhouse on the 22nd January 2022 between 8 am-11 am (ONE DAY ONLY) Registration fees are \$250 per player which includes club shorts, socks & training polo.

Fair Play Vouchers are accepted.

The Bribie Island Football Club was founded back in 1982, and initially only fielded 1 team.

Last season the Warrigal's BIJRL Club had over 250 registered players, fielding boys, girls & mixed teams from under 7's through to under 16's.

Last year 2021, we had our under 13Div2 boys win their grand final & many other fantastic matches played throughout all age groups. We even had a pre-season coaching clinic with some of the 2021 Broncos players & staff

In 2022 we will have signed an affiliated agreement with the Redcliffe Dolphins which will enable our players & coaches more opportunities within the growth and development of the Junior Rugby League here on the Island.

Founding committee members of the Warrigal's BIJRL were Lois Harvey, Graeme Daunt, Bobby Hunter, Sandra & Graham Humphries, Brian Deizmann, Alan & Ann Barraud.

Many of these same members are still involved with the club in many ways today. It is great to see the grandsons of some of those members now playing Rugby League for the very same club they founded. Over the years many of the Bribie Island Juniors have made representative level, with the talent in our present teams continuing to do so.

The mission statement of the Warrigal's BIJRL is to promote, foster and encourage children from all backgrounds without discrimination while encouraging all players to enjoy the game of Rugby League and player safety under the "Safe Play Code of Conduct".

The mighty Bribie Island Warrigal's clubhouse is situated on First Avenue, Bongaree & we look forward to welcoming returning players & new players alike to become a part of the great Rugby League culture we have here on beautiful Bribie Island.

See You in 2022,

The 2022 Bribie Island Committee.

bribie
islandjuniorrugbyleague.com.au then follow the registration link to sign on
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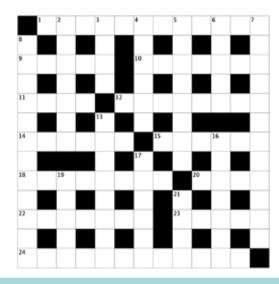
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See You in 2022, The 2022 Bribie Island Committee.



Crosswords - QUICK & CRYPTIC



ACROSS

1 Badly bruised (5,3,4)

9 ___ Days a Week, 1964 Beatles song (5)

10 Habitual drinker (informal) (7) 11 French

holiday house in the

country (4)

12 Royal egg (anag) — a drain on the

church? (8)

14 Bodily secretion (6)

15 One who belongs (6)

18 Overshadowed (8)

20 Toothy smile (4)

22 Sounded angry (7)

23 Epigrammatic Japanese poem (5) 24

Something brought to mind (12)

DOWN

2 Less serious (7)

3 Money-saving measures (4)

4 Something bought very cheaply

(1,5)

5 Creative type (8)

6 Fresh — make-up (informal) (5) 7

Person who takes the risk for a new

business (12)

8 Meat-free fast food (6,6)

13 Duplicate — twin (8)

16 Mexican pancake rolled round

a filling (7)

17 Interfere (6)

19 Impassive (5)

21 If long, it's unlikely to succeed! (4)

SUPPLIED BY CYRUS

ACROSS

- 1 Spadework for accommodation (4)
- 3 Quiet promenades end in chaos(8)
- 9 Impressed with bubbly MP's date (7)
- 10 City living in South Africa but not the capital (5)
- 11 Mature epitaph has its points (5)
- 12 It concerns Aunt involved in creation (6)
- 14 Body found right in the thicket (6)
- 16 Lobster on a pencil (6)
- 19 Ran back to argue with shrink (6)
- 21 Not necessarily producing a good likeness (5)
- 24 Make out a security for a stranger(5)
- 25 Monster has nothing for a chevalier (7)
- 26 The panel is out concerning this large vegetarian (8)
- 27 Let loose odd ferreter (4)

Down

- 1 Was it shame that brought Sid back to give thanks (8)
- 2 Grip both ends of garter snake (5)
- 4 beating for keeping out of sight (6)
- 5 A horse to get on (5)
- 6 Latitude to find tribe rioting in empty library (7)
- 7 Solar supplier and Knucklehead scuppered (4)
- 8 Bookie finishes outlays (6)
- 13 Ann carries little weight let everybody know? (8)
- 15 Appreciate getting a return- understand? (7)
- 17 Agent produced an egg in duplicate (6) 18 Directions to Paradise in Scandinavia (6)
- 20 Managed Church congregation in the American west (5)
- 22 Smell nothing grim (5)
- 23 The cost of a meal.. (4)

SOLUTION

12

16

EASY crossword Issue 154



CYRUS crossword Issue 154





Kids Page

Popular Pizza Toppings

N	Ε	L	Ε	М	Т	С	Ε	G	Α	s	U	Α	s
S	Ε	С	G	U	T	Н	S	Α	L	Α	М	Ι	С
Р	I	S	G	S	N	I	S	В	G	С	Ε	I	С
Ε	M	T	P	Н	Н	С	L	Α	G	N	Ι	Ι	P
Α	S	I	L	R	C	K	0	C	T	Z	L	S	Ε
N	Ε	Ε	Α	0	Α	Ε	Α	0	Ε	Α	N	М	Р
U	В	Н	N	0	N	N	T	N	N	0	K	I	P
Т	U	Ε	Т	M	Ι	U	Ε	T	Ι	Α	L	N	Ε
S	P	Α	Ε	S	P	P	R	N	Н	T	0	I	R
D	В	Α	Α	F	S	0	0	G	U	T	В	Н	0
0	D	Α	С	0	٧	Α	N	Α	S	0	S	c	N
Р	R	0	S	C	U	Ι	T	T	0	С	Т	C	Ι
Α	Α	Α	Н	L	L	c	С	U	R	I	Ε	U	s
С	Н	0	R	Ι	Z	0	0	N	Α	R	R	Z	L

ONTONS AV0CAD0 MUSHROOMS SALAMI SAUSAGE PEPPERONI CTLANTRO RICOTTA BACON SPINACH ZUCCHINI PEANUTS PROSCUITTO BEEF EGGPLANT LOBSTER CHORIZO CHICKEN



SPOT THE DIFFERENCE



snowman truffles



Ingredients

- 100g (4oz) plain chocolate
- 100g (4oz) butter
- 275g (10oz) icing sugar
- White chocolate for grating
- Red and green pre-bought fondant icing for hats and noses

Method

- Place water in a small pan, bring to the boil and take off the heat
- Break chocolate into a heatproof bowl and place over the water. Gently stir until chocolate is melted. Add the butter and again gently stir until butter has melted. Remove bowl from water
- Sieve the icing sugar into chocolate mixture, fold until thoroughly mixed together. Allow to cool.
- Take small spoonful of the mixture and roll into a small ball. Grate white chocolate into a bowl and roll each truffle in the chocolate until well coated – keep your hands cool and it won't be so sticky!
- Once all the snowmen are complete, make hats and noses using the red and green icing then attach to the snowmen – you may need to use cocktail sticks or a little jam to help sticking.
- Make a little box or use cellophane to wrap your truffles and give them to teachers, friends and relations for Christmas and as thank you pressies





TRAINING TIPS - THE HUMBLE SIT

Sit is the dog's way of saying "Please". Every time they want something they should sit first, for example before being fed or picked up for cuddles.

Sitting is also a good alternative to prevent a dog from jumping. Practice this when you call him and ask him to sit. This also helps when returning home and instead of being greeted by an excitable dog jumping all over you, you'll be greeted by a calm dog that sits at the door.

- 1. With your dog standing, place a treat close to his nose.
- 2. Raise your hand slowly between his ears and above his

head. As you do this the dog will lower himself into a sit position.

- 3. As soon as he is sitting say good boy/girl and reward with a treat.
- 4. Once he follows your hand signal (with or without) a treat, then you can begin to say the word "sit".



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PETS ARE FOR LIFE, not just xmas

Queenslanders are encouraged to think carefully before buying a pet as a gift this Christmas.

Cute, cuddly puppies grow into adult dogs that need regular exercise, training and veterinary care and they can't be returned or exchanged if they don't fit

We don't recommend giving animals as gifts as pet owners must have the resources, time and inclination to care for a pet its whole life, owning a pet is a responsibility that lasts a lifetime.

If you're thinking of welcoming a pet to the family, make sure you can commit to its lifelong care and take the time to find your 'pawfect' match.

A pet's temperament, the costs of caring for a pet and how much free time you and your family have to spend with it are just some of the things to think about.

The thrill of receiving a pet as a Christmas gift can quickly wear off when the new owner faces the reality of caring for an animal full-time.

It can be an expensive exercise to care for an animal as costs include food, worming, annual health checks, veterinarian bills, training, boarding, toys and bedding. People also need to consider the upfront costs such as vaccinations and desexing.

BEFORE YOU CHOOSE TO SPREAD FESTIVE CHEER WITH A NEW FURRY FRIEND, CONSIDER:

- Do you have enough time to walk, feed and play with the animal each day?
- Can you afford to care for the animal for the next 15 years?
- Have you checked that you're allowed to keep a pet in your home?
- Do you have all the equipment a pet needs like bedding, a lead, collar, food and water bowls?
- Is there a veterinary clinic in your area?
- Do you know about desexing, registration and preventative health care?
- Are you buying the puppy from a breeder with a valid breeder supply number?

For detailed information on what you need to know before you get a new pet, read more from RSPCA Queensland.

To find out more about your duty of care for animals, go to business.qld.gov.au or call 13 25 23.





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Merry Christmas

from the team at Premia Properties



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SERIOUS ABOUT SLEEP

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IT'S ABSOLUTELY NO FUN TO DEAL WITH PLUMBING PROBLEMS. SO HERE ARE SOME TIPS TO HELP AVOID PROBLEMS.

Don't pour grease or oil down the drain

The grease and oil will build up. You won't notice it at first - you'll think it's totally fine, and that as a liquid, down the sink is where it should go. But little by little that grease and oil will clog your pipes and leave you with some serious plumbing problems.

Use a strainer

Clogs are one of the most common plumbing problems, and when it comes to a shower or sink drain, it can become gross and messy thanks to hair and soap residue. Avoiding the icky is as simple as using a basket strainer. This will help prevent a time-consuming and unpleasant task in the future.

Watch What You Flush

If you start flushing things other than toilet paper and bodily waste down the toilet, you could cause some serious clogs that we're betting you really don't want to deal with. That includes hygiene products, cotton balls, prescription medications, and yes...unfortunate fish.

Know Where Your Main Water Valve Is If, knock on wood, you have pipes burst, turning off your main water valve will help minimize the damage until you get a plumber in.. If you don't know where it is, you're going to spend a lot of time scrambling while your home sustains significant water damage.

Test Your Toilet's Flush Valve Seal For Leaks

Toilet leaks can be a real pain, but if you catch them early they'll be more manageable and could save you some more serious plumbing problems down the road. One of the places you'll likely find a leak is in your toilet's flush valve seal. The flush valve seal is what keeps water from flowing from the tank to the bowl of your toilet when it isn't in flushing mode. Catching a leak in your flush valve seal early requires a simple test: food colouring.

All it takes is a couple of drops of food colouring in your toilet tank. Check back in a few hours. If some of the coloured water has found its way into your toilet bowl that means you have a leak.

Avoid Chemical Drain Cleaners

Chemical drain cleaners are straight up awful when it comes to the health and wellbeing of your plumbing. People

HOME AND GARDEN

tend to go for them because they are advertised as immediately effective, but they can do more damage in the long run.

Prolong Your Tap's Life

How many times have we been terrified to hear that drip, drip, drip of the faucet, so we make sure the taps are turned off as tight as they can go?

This is actually bad for your tap's seal; it wears it out more quickly because of the increased pressure it is experiencing every time it is turned to tight. Think of it like a pencil; the more pressure you put on it, the more worn down it gets.

To avoid this, turn the tap until you feel the natural stopping point; don't force it closed. Like the pencil, you want to apply the amount of pressure that is just right.





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t's located next to the Beachmere water tower. Yes, that was just a patch of grass last time you looked, but keep an eye out because things are happening there already and there sure are some big plans for that space! **BCGI** (Beachmere Community Garden Inc.) has been holding monthly meetings with members and guests to get as much input as possible to create an inclusive, fully accessible garden that the whole community can enjoy. The end result is a design that the group is very proud of that will be a real feature for the local area.

This planning has taken a lot of time and effort and the committee and members would like to thank everyone who has helped with this essential part of the garden's development. Beachmere Lions Club Inc.. Beachmere Men's shed and the Bribie Island Community Nursery have been wonderful supporters. Cr Mark Booth has been a huge support from the very start and encouraged the group to "dream big" with the concept and designs for the garden. Check out our website and newsletter for a full list of those businesses and groups supporting the

garden. As this is a not-forprofit group, any support from businesses or donations from community-minded locals is greatly appreciated. The group is excited to be in discussion with some well-known local companies around ways that they can help the project and we look forward to being able to announce some upcoming collaborations.

The overall aim of the garden is to educate and inspire the community to grow healthy plants and food, but there will also be a sensory garden aspect. The plants will each have some sensory element to them - taste, smell, texture. sound and visual. This type of garden has been shown to assist with learning, as well as therapeutic benefits for those with dementia, intellectual disability and brain injury. The garden also wants to showcase methods of gardening that assist with growing food in the local conditions (mainly poor sandy soil and strong winds). Many of the gardens will be "wicking beds", where a reservoir of water under the soil allows the plants to self-water. This method has been shown to save up to 75% in water use. Indigenous food plants that grow well in the local area will be encouraged.



It is hoped that by showing what can be grown in our local conditions, the local community will be inspired to grow their own food in their gardens. Educational workshops are planned for presentations on various gardening topics and seeds will be saved on-site and available for the community.

While the garden is still in the early stage, the members have been busy connecting with the local community. Gardening demonstration days have been held on-site, other MBRC community gardens have been invited to see the site and provide input. Recently the garden worked with the Beachmere RSL sub-branch and Pumicestone Indigenous Education and Employment Council (PIEEC) to supply

Flanders poppy plants for their Remembrance Day ceremonies. The garden looks forward to working with PIEEC and other community groups in the future.

Beachmere Community Garden is about to turn 1 year old and the members would love to celebrate that milestone with you. They will be holding the Monthly plant stall and garage sale on the 4th of December from 8-11 am. then setting up next door from 4-7 pm in Clayton Park for the Christmas Bazaar (hosted by the wonderful Beachmere Area Network Group). Come along and say hi, and see how you can become a part of this wonderful community project.



Lyn is proud to be the longestserving real estate Principal on Bribie Island. The office has been in the same location at 71 Welsby Parade, Bongaree since 1958! What an achievement!

So let's talk a little about Lyn... Lyn first arrived on Bribie Island when she was a young girl in 1967 when her family purchased flats and shops at Woorim, then moved on to the Island in 1970. After 10 years, Lyn took a 9-year break from the island but returned in 1989 when an opportunity arose for her to purchase a long established family run Real Estate business known as "Schrag Real Estate" from the original owner's daughter. Having worked at the local solicitor's for several years before leaving and having a family, gave her a solid grounding when she returned to work in the Real Estate industry. These were the days when there were no computers in the office, there was no Residential Tenancies Authority to lodge bonds – they were held in the trust account and all holiday bookings, rent payments and statements to owners were done manually.

In November 2000 Lyn purchased the 2nd business then known as

Chas Drew First National Real Estate, joining the First National group. At this time rebranding Schrag Real Estate to Schrag's First National Real Estate and changed Chas Drew to Bribie Island First National Real

As of today, First National Real Estate Bribie Island is still a family business with Lyn's daughter Melissa and her sister Christine still working in the business. Lyn attends regular training and conferences for both Property Management, Sales and Management with the First National Group gaining invaluable experience from the trainers and fellow members, to keep up with the ever-changing market conditions and legislation.

If that doesn't keep her busy enough, Lyn also sponsors many community organisations on the Island and is the Co-coordinator & Inaugural member of Connect - Women's Business Networking Group. Lyn is proud to say they still today have holiday clients returning to stay with them and now their children are bringing their families to holiday on beautiful Bribie Island! Congratulations Lyn on your successes and we wish you the very best for the future!



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Want to enjoy fresh home-grown ingredients in coming weeks? Then now is the time to get planting! There are many fast-growing crops you can grow. Here are a few suggestions and tips:

What to sow: Radish, Baby beetroot, Lettuce, Rocket, Tatsoi, Mustard Greens, Red-veined Sorrel, herbs and baby Carrots (eat thinning's)!

Plant seedlings rather than seeds. You save money by sowing seeds but starting with seedlings can save you an average of 2-4 weeks and (sometimes much longer) waiting for seeds to germinate.

Speedy Sprouts. There are many vegetables, herbs and legumes you can grow as sprouts in just a few days by germinating the seeds and rinsing in water. They are fresh, crunchy and tasty additions to salads and packed with digestive enzymes.

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Microgreens. You can also sow many leafy green vegetable and herb seeds and raise as microgreens or baby leaf greens. You harvest in just 7-21 days. Follow this Growing Chart with 28 different varieties to make it easy.

Harvest vegetables when immature, young and tender rather than waiting until they grow full size. For example, pick young celery when stalks are thin rather than stringy and they are delicious. Less water used too! Baby leaf greens, Asian greens and baby carrots are a few other vegetables you can pick early.

Time your planting or seed sowing in harmony with the moon cycle. This simple way to garden with Nature's clock works on the basis of the moon's gravitational influence on soil moisture and plant sap. Use a Moon Calendar to pick the best dates for quick seed germination, planting and speeding up your harvests.

Planning Tips for Small Gardens

Compact gardens require careful decisions to use space wisely. No one has the perfect location including me! We all have pros and cons to work with as we decide what to grow and where. These are a few quick practical tips to consider.

Grow only foods you enjoy eating! There's no point investing time, money and effort into edible plants unless they'll end up on your plate.

Consider how much time you really have to care for a garden each week. If you're busy working full-time, an hour may be realistic to grow just a few healthy foods in pots.

Learn when your seasons are. Follow a seasonal planting guide to avoid sowing at the wrong time.

Choose pest and disease-resistant crop varieties suited to your climate. Heirlooms, open-pollinated and certified organic seeds often are well adapted and resilient. Do your research! Buy local when you can, then save your own seed.

Invest in your soil. Make your own compost, install a worm farm for free vermicast, make your own potting mix or buy quality soil rich in organic matter and nutrients. Your plants will only be as healthy as the soil they're grown in!

Protect your plant babies. Seedlings and young plants are vulnerable while establishing. Crop covers, cloches and netting help buy them time to grow so they can cope with a few nibbles.

Grow less, but better. It's more rewarding to grow a dozen healthy herbs and vegetables than a BIG garden you feel overwhelmed maintaining. Find joy in little things and take the pressure off!

Avoid growing too much of one crop or it may go to waste. If you sow seeds, you can grow just the number of plants you want. Sow a little at a time, every week or two for a continuous harvest.

Start with easy plants and give challenging ones a miss until you feel confident and have the time to manage them.

Design your space efficiently. Use vertical structures, consider the microclimate with sun, shade and soil type so you make informed decisions about what to grow where to optimise space and productivity in your kitchen garden.

For more great tips and hints, please check out this website!!! https://themicrogardener.com



TO SPRAY OR NOT TO SPRAY - THAT IS THE QUESTION!

I remember over 20 years ago as a freshly qualified horticulturist - wide eyed and bushy tailed so to speak, I was very eager, knowledgeable and my gosh, I was motivated to get out there and carve out my mark. Unfortunately, back in those days, the award wage for a landscape or nursery worker position was low paid, so while I was still bushy tailed and motivated. I still had to feed my family and the reality kicked in as I dearly loved my new career path but how can I sustain myself and make a career? The magic word here is - sustaining - indeed, the more I worked in the field the more I realised there was more call for herbicide and insecticide applications in programmed maintenance than the so-called sustainable approach. Back in the year 2000, I remember the teachings of the Integrated Pest Management Program (this is a science-based guideline for putting in place strategies that ensure chemicals are used as a last resort) etched into my mind but unfortunately in the commercial landscape fields back then the solutions needed to be solved quickly and it is still a business model today in many contract environments.

However applying insecticides was not part of my aim and I certainly did not want a full-time job spraying them as I was a nature lad who would always try and save any creatures and relocate them if they were in our way but over the years working in many gardens, the more I focussed on the variety of insects feeding on our plants, the more I saw how many natural pest predators there were as well. Nature's biocontrol at work!

Image below: The Dragonfly, inspecting the chewed leaf while searching for prey!



Fast forward 20 + years, my focus is on organic and sustainable solutions as much as possible including correct plant choices, initial soil building, using mulch that not only protects plant roots but nourishes the soil also and accepts all irrigation applied, choosing the right plant for long term that will grow well and have a greater chance of survival during environmental extremes such as drought, wind or floods. I do not recommend troublesome plants in landscape designs (plants known to be continuously needing attention or succumb to known pest pressure in the subtropics) as quite often they will need propping up with specialist care anyway. While some clients are time poor, some love to be in the garden as much as possible and have the time to nurture their patch and not to mention the therapeutic benefits from working outdoors and the reward from sowing seed, witnessing flower and harvest by your own hand.

Back home in the patch on Bribie Island, we have mostly sandy soils which have trouble holding on to moisture and much work is needed to improve our soils to become fertile and thriving with microbial life. While we are very fortunate for the rains of late, we must be prepared to improve our soils now by initiating a regular feeding source such as compost or animal manures incorporated into the soil and top dress with an application of slow-release landscape fertiliser and of course, that ever so important layer of mulch.

Below Image: The perils of gardening! After pruning this 'Yucca' plant for a client,

I stood up and found that I was suddenly hatless. I now officially - nick name - this plant: Yucca elephantipes- Thieving barstidious - 'Indeed'. My hat was stolen!

Well that's your lot in the plot this issue with the juice between the leaves!

Consultations available!















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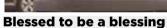
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BRIBIE ISLAND

John Traill

Public Relations Officer Volunteer Marine Rescue Bribie Island

Phone: (07) 5327 2747 Mob: 0407 537 323

publicIrelations@vmrbribie.com

PROMOTIONS



Sunday 14th November 2021: Coxswains Allan Tranter and Graham Parker place Competent Crew epaulettes on David Wereszczuk's shoulders. Congratulations David for receiving your second stripe today well deserved.



Sunday 20th November 2021: Competent Crew Mark Purtell and Coxswain Jon Brice pin on Mike Looney's Competent **Crew Epaulettes – Congratulations Mike!**



Welcome to our 3 of our new crew trainees, Brendan, Jeff and Stephen who as you can see are totally excited about reading the SMS after a big BBQ lunch - Welcome aboard guys



Skipper lan Grimes giving our new crew members a familiarisation tour and talk on Bribie 1. There is a lot for the newbies to learn over the next few weeks.

LOCAL RAMP SAFETY

VMR Bribie is ramping up its safety information at local boats ramps at Toorbul. Donnybrook, Meldale, Beachmere and Uhlmann Rd by updating its signs, getting ready for the busy summer and Christmas Holiday periods. So, if you are going boating don't forget to Log On with our



Our trainee crew learning for the first time how to use the bridle on Bribie 2 for towing vessels.

Radio Operators and our crews are on 24hrs standby ready to respond for any calls for assistance.

Wayne Sclater and Peter McNamara went out Wednesday morning and finished replacing the rest of the boat ramp Log On signs. We will probably have to look at replacing the local ones in the new year.



New Toorbul Signage



Some of the crowd.

HAPPY HOUR

Friday 12th Nov 2021 Some 40 members and partners attended the November Happy Hour, bar snacks were provided including sausage rolls. Drinks were served by Peter Morton and Wayne Sclater at our usual great prices.

Own a Boat? You can join VMR Bribie Island online at www.vmrbribie.com, phone (07) 3408 7596 or call in person at Marine Parade Bellara,

Benefits include:breakdown assistance. vessel & contact details recorded in our database in case of emergency. access to first aid, radio, and navigation courses plus safety and general boating information sessions. regular social events. reimbursement up to \$100/per year for tows by other VMR or Coastguard units; Always reMember to LOG ON and LOG OFF with MARINE RESCUE BRIBIE for your safety.



Phil Enright with Ali Heywood, showing her "injured wing" looks like Phil will be the designated driver!

Leona Patrick chats with Peter McNamara

SAT 13 NOVEMBER 2021

Blue Saturday Crew had the honour of helping "The South Passage" off the Bongaree Jetty today, this was due to the strong Westerly winds holding her against the Jetty. She is one beautiful vessel



NEW MEMBER PRIZE DRAW

Winner of the Draw for New Members joining between 1st February and up until 31st March 2021, lan Alberts, called into the base to pick up his GME GX625 Handheld VHF Radio. Ian and his wife Lauren were signed up for membership by lan Nesbitt on Sunday 14th February 2021 at our Ramp Safety Promotion Day at Bellara Boat Ramp, when they were trying out their new Jet Ski for the first time.



lan Alberts collected his New Membership Prize from the competition held earlier in the year.

NOVEMBER 2021 VESSEL ASSISTS:

SAT 13/11 0831am – 10m Yacht non-member aground 500 m South of Bongaree Jetty. Investigated no further action at owner's request.

SAT 13/11 1030am – 30m Schooner South Passage required a tow away from Bongaree Jetty in the windy conditions.

SUN 14/11 0812am – 4m Tinny non-member with motor issues, required a tow from the Bribie Bridge to Spinnaker Sound Marina.

SUN 14/11 1107am – 4.4m Runabout with fuel line problems, required a tow from entrance to Pacific Harbour to Bellara Boat Ramp.

SUN 14/11 1236pm – 5.25m Runabout member out of fuel, required a tow from North-West Moreton to Scarborough Harbour

WED 17/11 1143am – 6.9m Yacht member with engine failure, required a tow from North of South Cardinal to Bongaree Area. SUN 21/11 0528am – Members Vessel from CG Mooloolaba with no battery, required a jump start near Lime Pocket.

SUN 21/11 1634pm – 2.5m Jet Ski non-member broken down North of Toorbul Boat Ramp, required a tow to Banksia Beach area.

SUN 21/11 1644pm – 6.4m vessel broken down near Tangalooma required a tow to Redcliffe area.

WED 24/11 1253pm – 5.5m Cuddy Cabin member, motor wont start and radio not working, required a tow from Gilligan's Green to Pacific Harbour.

YEAR TO DATE RADIO ROOM STATISTICS

To Thursday 25th November 2021: 12,929 Calls, 3,717 vessels logged on, 275 Vessel Assists, 1,578 Sitreps, 677 Requests,

86 overdue vessels, 30 Vessel Tracking, 1.288 Radio Checks, 6 Weather Broadcasts, 10 Securite Broadcasts, 1 Pan Pan 0 Mayday. VHF 74.1%, 27MHz 7.2%.

SAFETY DAVE -The Frenchie's Message:

Safety Dave says "Check your safety gear, ensure your flares are in date and dry, that you have a fire extinguisher, torch, v-sheet, life jackets; and that they are easily accessible. We talk a lot about servicing inflatable Life Jackets but there are also the old faithful foam filled life Jackets that we see a lot of on vessels.

A lot of the time these are stashed away in the boat they get wet and sun damaged and forgotten about, these need to be checked annually too. Check the life jacket for signs of:

- Sun Damage
- Fading
- Rips
- Check the buckle works
- Inspect straps for any deterioration
- If reflective strips are attached make sure they are clean and undamaged.
- Make sure the whistle works.
 Look after the equipment that will look after you.!"

PLEASE WEAR YOUR LIFE JACKETS!

"BUT importantly – Always remember if you are heading out on the water LOG ON with your local VMR or Coast Guard, its a free service for everyone, so why wouldn't you! - It just may save your life!"





These last few weeks have seen a lot more action out on the water, but we are always watching the weather. Some days haven't been kind to us.

Ravy & Wayne had an exciting time when they caught a 58cm Flathead up Ningi Creek, while Owen out fished them with a 60cm Flathead at the Avon Wreck.

Rob & Jo caught their biggest ever sand whiting measuring in at 41cm on the early tide. What a great feed for dinner they had.









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Lime Pocket and Poverty creek have produced some very good quality flathead, lots of great eating size bream over the 30cm mark, plenty of moses perch, stingrays for some fun and tarwhine, most were caught around sunset.

Pacific harbour entrance area has seen catches of snapper and grassy emperor. Snapper, sweetlip and amber jack have been caught on squid at the top of the tide around Banksia Beach area. Ningi Creek has seen catches of flathead, flounder, bream and shovelnose rays.

Richard spotted some mackeral at the 1st yellow marker on the way to Deception Bay, they are not big ones but they are there!

Charlie happened to hook a nice Parrot fish and 40cm sand flathead using live yabbies as bait.

And Josh had a great catch from the Bongaree Jetty late at night with a whopper of a cod.

Poor Mick had no luck in getting a feed of sand crabs especially when all the pots were open when he went to collect them. However Chris got 4 nice sandies in the pots up Ningi creek using mullet as bait. With the inconsistent westerly winds playing havoc one week only some small crabs were caught using pilchards as bait.

Bait of choice for the fish this month, pilchards, live yabbies',

TIMES

FRI 3 Dec
2:13 am
0.11m
8:56 am
2.09m
3:09 pm
0.31m
8:59 pm
1.64m

SAT 4 Dec
2:55 am
0.1m
9:44 am
2.19m
4:03 pm
0.3m
9:48 pm
1.56m

20N 2 Dec
3:36 am
0.12m
10:30 am
2.24m
4:58 pm
0.32m
10:38 pm
1.46m

MON 6 Dec	
4:19 am	
0.17m	
11:17 am	
2.22m	
5:51 pm	
0.36m	
11:28 pm	

TOL / DCC
5:03 am
0.25m
12:05 pm
2.16m
6:45 pm
0.4m

THE 7 Dec

12:19 am
1.32m
5:51 am
0.33m
12:54 pm
2.06m
7:40 pm
0.44m

WED 8 Dec

THU 9 Dec 1:14 am 1.3m 6:44 am 0.42m 1:43 pm 1.95m 8:33 pm 0.46m

BRIBIE ISLAND & MORETON BAY

FRI 10 Dec
2:14 am
1.31m
7:42 am
0.52m
2:35 pm
1.83m
9:26 pm
0.47m

ec	SAT 11 Dec
	3:21 am
	1.35m
	8:49 am
	0.61m
l	3:31 pm
	1.71m
	10:17 pm
	0.46m

SUN 12 Dec 4:33 am 1.43m 10:06 am 0.67m 4:33 pm 1.6m 11:09 pm 0.43m

MON 13 Dec 5:42 am 1.54m 11:26 am 0.7m 5:36 pm 1.52m

TUE 14 Dec 12:00 am 0.4m 6:43 am 1.66m 12:42 pm 0.68m 6:36 pm

1.47m

WED 15 Dec 12:47 am 0.36m 7:35 am 1.78m 1:48 pm 0.63m

7:30 pm

1.44m

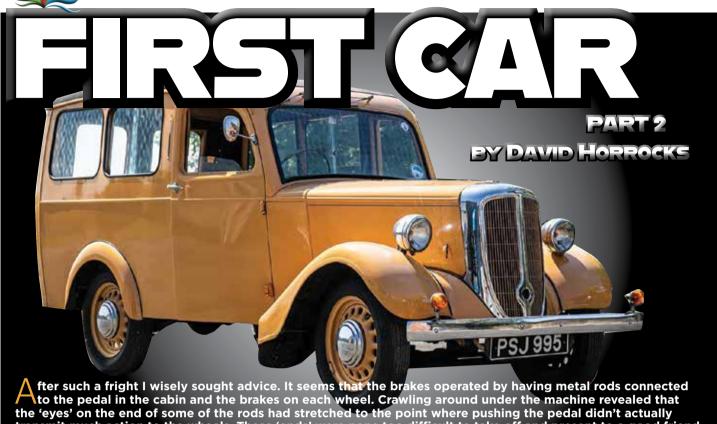
THU 2 Dec 2:17 am 0.17m 8:48 am 1.94m 2:59 pm 0.36m 8:47 pm



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transmit much action to the wheels. These 'ends' were none too difficult to take off and present to a good friend who was in engineering – he made good the deficiency and we were then able to reduce the speed of the beast



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when needed.

nce feeling confident we decided to have a day out at the seaside, some fifty miles away; so we loaded the machine with bodies for the adventure. I had a very new girlfriend at the time so I offered her prime seating - the front passenger position. Soon after we set off she stopped talking to me. It wasn't of great importance because all the chatter from the other passengers coupled to the very noisy mechanicals of the old car plus my concentration at trying to control the beast really wasn't conducive to the conversation anyway. Once at the destination, she didn't try very hard to spend time in conversation either; but being a very new friend I thought she may be shy so left making a connection for another time.

It was only a few days after the day trip when once again crawling under the Jowett I found that there was a hole in the floor in front of the passenger seat. It wasn't obvious from the inside because of the meagre floor covering. The realization then dawned that as we had thundered along a blast of cold air would have roared through the aperture in front of my new girlfriend. As she sat there so demurely in her pretty 'day out' dress I could only imagine where the air blast had concentrated. Now I understood why the 'chilled out chick' never spoke to me again!

The demise or last stand of the old Jowett occurred after we had taken a ride out after making a temporary fix to the exhaust system that had developed a leak of exhaust gasses. Having no money to pay for a proper professional fix our not very clever alternative idea of wrapping very wet rags around the leaky bits and securing them with bent up wire coat hangers seemed to work for a short time, at least so much so that we didn't wake the dead with our noisy beast as we ventured out. However, this was very short-lived. Whilst driving along a street approaching a school, surrounded by a stone wall, we realized, that we had a problem.

On stopping the car we could see smoke emitting from underneath. We hadn't taken the precaution of carrying spare water to keep the rags damped down so what to do? Being pretty dumb kids - I've never believed that the kids of today are far crazier than we were in our day - we were pretty good at it as well. There was a discussion as to how to contain the situation but then someone called out that 'she' was going to blow up. What originated this thought was before setting out we had pooled our resources to collect enough money to put two or three gallons of petrol in the tank. So, in the minds of the ill-informed, we were now riding on a bomb.

Without any further encouragement there was a stampede for the school wall and like would-be Olympic athletes in a contest, the whole group leapt the wall and hugged the ground in the lee of the stonework. We waited for the explosion - nothing happened. 'Where's Pete?' said, someone. Tentatively several heads peeped over the parapet like entrenched soldiers from WW1. There, lav in the road was Pete, furiously tugging at the smoking rags. All screams of warning were to no avail he kept up the work with bits of the rags being thrown across the roadway. Pete saved the day, no explosion, just a nasty mess. When asked why had he done the rescue the answer was 'well, we paid 28 quid for the thing'.

I'm afraid that was the end of my commitment to the Bradford by Jowett. Pete took it over with a blessing. What happened to it afterwards I don't remember.

My next experience of a Jowett was when El Supremo and I took part in the Targa Tasmania rally in 2011. A team of two attractive ladies drove a red Jowett Javelin (the sports car from the same company) and sadly crashed it out in front of us whilst climbing out of Queenstown, but that's another story altogether.



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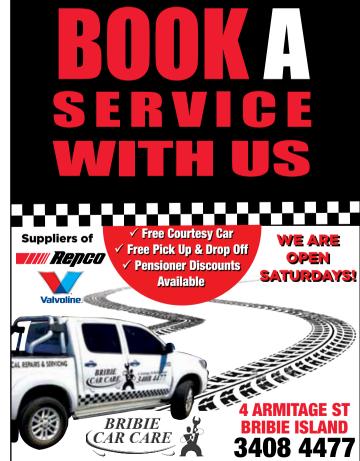
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Please keep your letters to no more than 300 words or they will not be printed, this enables us to submit a number of letters for everyone to read. The comments and opinions on these pages do not reflect those of The Bribie Islander. Thank You.

Dear Editor,

I was shocked at the anti-vax vandalism of Ali King MP's Benabrow Ave Office.
Great work by the local who spotted the brick window offender and the Police who made a quick arrest. Only to be followed by a painted swastika a few nights later. Surely Bribie is better than this.

Chris Meibusch

Dear Editor,

Thank you for the freedom to express a different point of view. IIs it true that, "Ivermedctin is a proven therapeutic, but not for Covid-19 treatment."

I will just cite a small sample of contrary evidence. Ivermectin for Prevention and Treatment of Covid-19 Infection. A Systematic Review....

A Lawrie MBBCh. PhD. Tony C Thane MD FRCP Moderate-certainty evidence finds that large reductions in Covid-19 deaths are possible using Ivermectin."

Andrew Bryant MSc. Theresa

"Front Line Covid-19 Critical Care Alliance summarized findings from 27 studies on the effect of Ivermectin...
Concluding that Ivermectin demonstrates a strong signal of therapeutic efficacy against Covid-19. Another

Review found that Ivermectin reduced deaths by 75%.
Despite these findings, the National Institutes of Health recently stated that, "there are insufficient data to recommend either for or against Ivermectin for the treatment of Covid-19."

The Amish are an interesting study in a different approach. They were generally not vaccinated and all became infected with the virus. But their death rate was less if anything, than the surrounding country. After a brief lock down at the very beginning, they opened up and went on to have their best business year ever.

They are the first community to achieve true herd immunity in the country, and according to studies done in Israel, are 13 times less likely to be re-infected than vaccinated people on a similar journey. What does that indicate about how vaccines are affecting our immune system?

I would not want this evidence to be misconstrued to imply support for any form of violent or unkind behaviour. We only weaken our own cause when we resort to vilification and threats against those who hold a different view.

Geoff Miller.

Dear Editor,

WHAT GRANDPA SAID..... Grandpa, an old successful businessman, when asked what he saw as the future of Australia said.

"My grandfather rode a horse, my father rode a push-bike, I ride a BMW, my son rides a Toyota Prius, and my grandson rides a Tesla—but my great-grandson is going to have to ride a push-bike again. We asked why? He replied — "Hard times create strong men and women — strong men and women create easy times".

"Easy times create weak men and women — weak men and women create difficult times". "Many will not understand that, but we have to raise warriors, not parasites". "Look around you — How many warriors do you see -And how many parasites?" "Who cannot stand on their own feet and don't want to? "Who can work but won't?" "Who are too weak for normal robust discussion claiming bullying, discrimination, and victimhood?"

"Who never learnt to think or work — and every day, have to be told what to think, do and act?"

"The real BIG question is — How many of these do you see in Parliament?" "Now see if you can find any warriors — Who are leaders, successful in their own right — And have ridden a pushbike?"

The Bribie Battler.

Dear Ed,
In these hard times with
covid, people are quick to pull
out all the negatives in life.
So on a positive note, I would
like to say thank you Cherrie
for jumping into help with 1st
Aid on the weekend on your
valuable day off.
Your calming nature had a

great effect on all during this anxious time.

Thanks again. Phil (from MELSA)

Dear Editor,

Time to check the numbers and the cost of the continuing Propaganda/ war on Covid. Numbers, if you are unvaccinated the recovery from Covid, 99.7%. Of the deaths reported,

95% had terminal illnesses, comorbidities.

Can fully vaccinated people get Covid, pass it on, yes. Question, instead of trying to vaccinate 20,000,000+ people, who will only take a few days off work – it's a flu - vaccinate the at risk group, 200,000? Who makes money out of this? Big Pharmaceuticals,

Example, \$3.4 billion has been

members of the AMA.

paid out testing people with no symptoms and negative test results. Cost of doctors to give vaccinations and boosters, \$1.4 billion. Cost of Vaccines, around \$1.4 billion. All paid for by the taxpayer.

The big winners? The Queensland government, the Premier use this event to hide their failures. A failed health and hospital system, Education, ranking falling constantly, the Government hides the Naplan ratings. Juvenile crime, constantly increasing.

The state government's unsavoury practices. The Premier of the Olympics passing laws so that freedom of information laws do not apply.

Committee members are not required to disclose conflict of interest and can hand out contracts as they wish. The unions are allowed to add 10% to the cost of the contracts, all this extra cost, just another burden to the taxpayer.

Then there is the cash and carry for certain members of the health department, on 26 November the CCC pinged them for "failing to disclose ", gift and goods of \$670,000 from a major Pharma! No response from either the Health Minister or the premier. Is this the future you really want?

CJ

Dear Ed.

I am having a problem with the Thunberg syndrome which is the desire to throw something hard at the television every time I hear this pretentious brat open her mouth telling the world that she has the answer to climate change and everything should happen now.

Firstly I am not a denier of climate change it has been happening for millennia but certainly this current warming has been assisted by human intervention, however the largest factor and that is population growth is conveniently left out of

the equation, probably for religious and ethnic reasons.

In 1900 there were approximately one billion soles on the planet and today this figure is hurtling towards ten billion despite wars and pandemics, petrol and diesel driven cars are still being sold by their million every day around the planet, forests are being destroyed the size of small islands to make way for farms and palm plantations and nothing is being done about it. There is a seismic shift in populations from the Middle East, and Africa as they try to get to Europe and Australia in the hope of a better lifestyle which will eventually reduce the lifestyle of these countries who have to house these migrants often ahead of their own citizens.

There are tens of thousands gathering on the borders of some countries in Europe desperate to cross in to France heading for England where 25,000 have made the crossing from France this year COMMUNITY



alone and Mexico heading for

If we in Australia have a change of Federal Government and the current restrictions are changed as they were in the early 2000's the boats will be heading here again and Hanson-Young will be there to welcome these new migrants with open arms, we need strong border controls and Ms Thunberg needs to get off to Beijing, Rio or Delhi and tell them to change their ways not prance around Europe where plans for the reduction of fossil fuels and more use of wind and solar is already taking place.

However if we don't start to control our population growth, and I fear that will never be done, then all the changes in how we create electricity and power our homes and vehicles will be a complete waste of time.

Philip Arlidge



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CRIME REPORT

BRIBIE ISLAND WRAP November 2021



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COVID WINS AGAIN......

It is with regret again that the Screw Day for the Bribie Island Shopping Centre that was planned for the 18th December had to be postponed due to operational constraints and another day is being planned as we speak. This will of course be inside the Shopping Centre and Crime Stoppers will be supporting COFFEE WITH A COP when the day has been decided.

These cancellations and postponements are all very time consuming for all levels of the Police Force

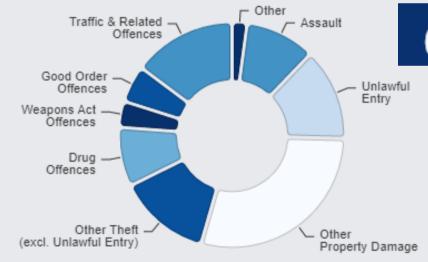
and for Crime Stoppers personnel; we do try not to change planned

dates if it is at all possible. However, as soon as we have a new date for Coffee With A Cop we will let you know.

A big thank you for all the people who voiced their appreciation of the grand results of the Emergency Services Expo held recently.

Why not come and join us.

Help protect our community.



60 Offences

Other 6
Assault 6
Unlawful Entry 8
Other Property Damage 18
Other Theft (excl. Unlawful Entry) 8
Drug Offences 5
Weapons Act Offences 2
Good Order Offences 3
Traffic & Related Offences 9





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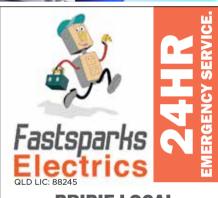
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